

AIYANNA WAPASHA

NATIVE AMERICAN Herbalist's BIBLE

5 IN 1

The Comprehensive Collection to Connect You With Mother Nature & Heal From Most Common Ailments With Native American Herbalism & Ancient Natural Recipes.

NATIVE AMERICAN Herbalism

AIYANNA WAPASHA

NATIVE AMERICAN *Encyclopedia*

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NATIVE AMERICAN *Dispensatory*
HOW'S OF WILD CRAFTING

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NATIVE AMERICAN *Remedies*

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Native American Herbalist's Bible: 5 In 1- The Comprehensive Collection to Connect You With Mother Nature & Heal From Most Common Ailments With Native American Herbalism & Ancient Natural Recipes.

Written by:

Aiyanna Wapasha

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Introduction

Native Americans have been using the medicinal properties of plants and other natural healing practices for centuries. As an isolated group of indigenous people, they did not have the same cultural influences and contacts as did other cultures, which left them to develop their own form of herbalism. Native American herbalism was long established before Columbus arrived in 1492 and led to the introduction of Europe's modern medical systems. This led many Native Americans to turn away from traditional medicine because it could not be used with prescriptions from doctors that they were having a difficult time accessing.

Another reason the Native Americans turned to modern medicine was that they were facing difficult times, which prompted them to take up modern medicine. Native Americans faced many hardships, causing them to have a strong desire for conventional medical treatment. One reason is the fact that

nearly one-third of their population died before they were 20 years old because native Indians lacked immunity against diseases. The living conditions were also difficult, causing much illness among Native Americans. When their culture became threatened by disease, starvation, and wars with other tribes, many natives had no choice but to turn to more modern practices such as visiting doctors and hospitals for care. However, some Native Americans still continue to use their traditional herbal practices, which is known as the Native American healthcare system.

Native American herbalism has always been an integral part of the traditional medicinal world. Ancient cures for mild fever, colds, coughs, and flu to severe infections and allergies were all herbs. Nowadays, most of the population (including Native Americans) incorporate modern medicines in their conventional health treatment mechanisms; however, many people still believe in the healing properties of herbs. For instance, many people choose alternative treatments

such as herbal remedies to treat pain instead of narcotic medications because they believe that herbal remedies are safer than drugs.

The use of herbalism in Native American communities is largely unfragmented and eclectic, with various preserve herbal remedies specific to each tribe. These remedies vary from tribe to tribe and locality to locality. Most herbal therapies utilize the use of either a single plant or a chemical combination. Many people believe that herbs can cure all types of health conditions; however, this is not true. There has been no broad-scale study performed on the efficacy of herbs to treat all ailments and diseases, and only certain herbs have been studied exhaustively. Furthermore, while some medicinal plants may be harmless, other herbs may cause toxic effects if taken in excess amounts. Native American herbalism is still common practice in the present day, but it has become more of an alternative rather than a conventional treatment for many people. Some people depend on Native American herbalism to treat certain medical

conditions that they cannot afford, or are too ill to travel to access modern medical care. Nevertheless, most people (especially Native Americans) limit the use of herbs as treatment for particular health conditions, including pain and nausea since many physicians believe that herbs are not as effective as drugs due to their limited chemical structure. The continued practice of herbalism is essential because these remedies may be used by anyone without the worry of toxic overdose and long-term side effects.

There are many different types of herbal therapy in Native American healthcare systems. One form of herbal therapy is the use of the roots of plants, often combined with concoctions of herbs, poultices, and other plant-based materials. The most common types of roots used are those of the ginger family (Zingiberoside) or starchy roots such as yam or cassava. Another form of herbal therapy is bark preparation. The bark contains various chemical compounds, which can be used to alleviate infections and pain associated with wounds and disorders in the

body. Bark has many uses depending on its type; for instance, red cedar bark is used to treat bronchitis while sassafras bark is used to treat dysentery.

A traditional herbalist uses different plants for different conditions. For instance, a herbalist may use yellowroot for people who have diabetes or sore throats. Herbalists may also use sassafras bark to relieve pain associated with diarrhea and fever, while St. John's wort has antibiotic properties and is used for respiratory infections. Another type of remedy that was popular before the introduction of modern medicines was the use of talcum powder. Talc was widely used as an anti-inflammatory agent during the early 20th century due to its anti-allergenic properties. Native Americans used talc as a remedy to treat respiratory problems such as bronchitis and asthma. Certain herbs are commonly known to Native American herbalists for their health benefits. These herbs include various plants that can help boost the immune system, strengthen the glands, and relieve different types of

infections. A herbalist may utilize any plant that is beneficial to treat certain illnesses or conditions. For instance, many people use echinacea to treat colds and other infections. Many Native American herbalists use herbs as a natural remedy for a wide range of health conditions. For instance, the plant “Rohus radicans” is used as a natural remedy to relieve pain associated with arthritis and other similar conditions. The leaves from this plant are also used as a natural analgesic agent to treat backaches that are accompanied by fevers, such as the ones caused by influenza or chickenpox.

BOOK 1: NATIVE AMERICAN HERBALISM



Introduction

Since ancient times herbalism has been an integral part of the medicinal world for curing diseases, including mild fever, cold, cough, and flu to severe infections and allergies. Native Americans still believe in these traditional herbal tactics, but now most of the population is incorporating modern medicines in their conventional health treatment mechanisms. Thus, their healing beliefs and health practices are diverting their way. But is the fact that herbal treatment has always successfully secured a very distinctive place in the medicinal world with astonishing outcomes. For this reason, the importance of herbalism is inevitable. Modern medicines are based on individualistic and mechanistic approaches, very helpful in fast recovery from mild to chronic illness. Still, it is a general trend that people are more inclined towards herbal treatment, and the popularity of these natural remedies is increasing with each passing day; because of the positive record of encouraging and healthy benefits of

herbal products, the general public trusts more natural treatment than chemically synthesized allopathic formulas. Since the past few decades, a lot of work has been done on herbalism. Several research studies and clinical trials have proved the positive and healthy impact of herbal remedies. Many websites are referring to different manufacturers' available using Native American terms for their herbal remedies.

Herbal healing circles are now being integrated by the Native Americans into modern practices and are popular in community centers. The basic herbal treatment rules are the same; however, the discussion subjects have been changed to modern issues. A historian in California traveled to know about the NA-native American tribes and composed a considerable account. According to him, although most Native American tribes have moved to urban areas still, they believe in their traditional healing system. They consider natural herbal remedies the best alternative to modern health treatment systems. They are very much

concerned about their cultural heritage of herbal treatments and identity. But with the changing demands of time, health-related issues are also varying. For example, diabetes and such chronic diseases were non-existent among the Native Americans around 1000 years ago but not such diseases are rapidly spreading.

This rapidly increasing diabetes incidence may be due to the modern way of work reservation. Many research studies have shown that if Native American tribes return to their traditional herbal diet like fruits, wild games, and root vegetables, then the adverse effects of various metabolic disorders can be reversed. But there is a difficulty that different tribes have their own varying beliefs about such diseases. For example, people of the Navajo tribe believe that diabetes is caused by disharmony and other influences like white people. The people of northern Utes take diabetes as an entity taking possession of the people compelling them to do evil things. In short ancient native tribes in America believe illness to be brought upon

deviance from the traditional ways.

Chapter 1. Why Use Native American Healing Herbs?

A native healer is a traditional practitioner of a society that has had minimal contact with Western civilization. Knowledge and techniques are passed down through the generations in the context of culture and spiritual beliefs. These societies have existed for millennia before colonialism, industrialization, and modern medicine developed.

Perhaps more than any other health care profession, native healing is the antithesis to Western medicine. Native healing practices are directed by spiritual forces within a tribal community. Many tribes believe that each person has their own “life force” or “spirit” muscle, bone, organ, or tissue. That force can be balanced or out of balance in nature; sick when it's out of balance; and heal when it's in balance again. The healer's role is to bring

this force back into balance. For thousands of years, people in all regions of the world have been using traditional health care practices to keep their own bodies healthy. Native healing comes from the knowledge that was used by our ancestors and grandparents.

Native Healing is a term that encompasses many modalities and disciplines. There are many ways to practice a form of native healing, each with its own strengths and benefits. It relies on the intuition of healers who use herbs, bones, stones, crystals, feathers, sand, or other natural elements that are found in nature to diagnose or treat illness or injury. It is a holistic approach to health that includes the body, mind, and spirit.

A Native healer can also be referred to as a traditional healer or a medicine man/woman. Each culture has its own vocabulary for the various roles in the healing process. Some terms used are: “shaman,” “healer,” “medicine-man/woman” and “spiritual leader.”

Native healers incorporate ancient techniques, rituals, and ingredients that have

been handed down through generations of tribal knowledge into their own unique healing methods. These traditional herbal techniques have been passed down from their ancestors in order to promote balance and good health. Native healing embraces a holistic approach, recognizing that anatomy, physiology, behavior, environment, and spiritual connections all influence health. Treatments are usually applied directly to the body, without surgical instruments or invasive procedures.

Native healing relies on the trust of patients who consider the medicine man/woman an extension of their family. It can be a complex process for people that is often more effective when it's approached with intention and understanding. Native healing encourages community cooperation in order to defeat illness or restore the balance between the different elements in nature such as land, air, water, plants, and animals as well as our own bodies. Native healing is a holistic view that prepares patients for an eventual return to their natural health.

Native healers are often traditional elders themselves, respected and well respected within their healing community. They have a keen eye for the body's energy and are proficient in the use of herbal medicine and natural materials to assist in diagnosing and treating illnesses or injuries.

In order to be a Native healer, you must have demonstrated mastery of ancient knowledge, practices, rituals, and experiences that give you the unique ability to help others in your role as a healer.

Amulets, jewelry, outfits, prayers, and chants may all be involved in your healing practice. Although herbs, minerals, and natural remedies may be used to assist in diagnosis, native healers often rely on their own intuition and innate wisdom to help them in the healing process.

A Native healer can be a spiritual leader or even initiate new members into the tribal group. Often native healers are revered within their local community for the spiritual gifts they have given to generations of their family or people in their tribe.

In some cultures, these positions are passed down from father to son or mother to daughter depending on the amount of influence received within that family or tribe. In others, men and women have equal roles as leaders. This is a role that can be passed down through families, from father to son or mother to daughter.

Native healing is an ancient set of practices that have been passed down through generations of tribal knowledge and wisdom. It has been used for thousands of years by tribal people throughout the world. It should not be seen as medicine in the sense that Western Medicine is practiced today.

In some native cultures, it is referred to as “herbology” rather than medicine. The healer uses natural materials and plants native to their environment for diagnosis or treatment. Using herbs and natural remedies are the main methods used to treat illnesses or injuries. Native Healing relies on the intuition of healers and their inherent knowledge in herbalism, nutrition, and body energetics.

Native American Medicine (Indian Medicine)

is an old-world medical system that has been modified, infused with science, and practiced for thousands of years. Native American medicine is about curing disease through the use of natural vitamins, minerals, herbs, plants, minerals, and foods.

Native healing practices have been used worldwide by many cultures for millennia before European colonialism gained a foothold in what we now call “modern medicine.”

The practice of medicine was once a sacred art known to and taught by each member of the tribal community. It is now a time-honored tradition that has evolved with science in order to provide modern medicine with remedies, medicines, and treatments that are safer than the ones we are familiar with today. Some tribes have protected their healing practices for centuries. The purification rituals, purgation, and treatments used in tribal ceremonies were considered taboo in many societies until recent times. Many Native healers employ the use of rattles in their ceremonies or rituals. Rattles were

originally made from turtle shells, gourds, or dried seeds that were filled with pebbles or stones. Rattles have been used for centuries by indigenous tribes as a way to communicate with the universe or spirit world.

They are now produced commercially and sold by many retailers for use in rituals or ceremonies. Rattles may also be used to provide power, healing, or communication to help healers in their work. They can be very useful tools in ceremonies and rituals that can be incorporated into healing practices. Some people choose rattles that look like the animal they would like to invoke during rituals and ceremonies.

Rattles are found throughout the world at different times of the year, depending on when they are most necessary.

For example, rattles are traditionally used during the beginning of winter when the days are shorter and nights longer. They are used as a way to entice and call the winter spirit or god into one's environment. Rattles are also considered to be a gift from the earth to her

children and a symbol of good luck for this year. All rattles have 4 distinct sounds: H, PI / KA-AW!, OW!-A, WOW! This is considered an auspicious sound that welcomes our human neighbors into our homes, camps, family gathering, or party.

Rattles may also be used as a tool for diagnosis by native healers. Rattles have been used for centuries to help diagnose illness and injury as well as aid in the healing process. Rattles can be very helpful tools that are also very ancient. These tools are used to help healers in their work.

Rattles may also be used in a ceremony or ritual by native healers. They may serve as a means of communication for the spirit world to convey information that was requested, allowing a healer to communicate with their spirit guides or ancestors and serve them with their needs. The sounds of these rattles induce the effects of stillness, spirituality, and allow us to remember our past lives which help us connect with our spirits and ancestors.

Rattles are an ancient tool used in tribal rituals and ceremonies. The sound of the

rattling can help to call the spirit of an important ancestor into our life. They also serve as a tool for diagnosis by native healers. Rattles can be very helpful tools that are also very ancient. These tools are used to help healers in their work.

Native American traditional healing practices have been adapted over time and are sometimes combined with other traditional medical practices from other cultures such as Chinese medicine and Ayurveda (Hindu medicine). Many Native American groups use herbalism, including the use of plants to treat diseases, and they believe that clean diets and consuming medicinal plants are beneficial for everyone.

Many Native American cultures, “tribal people,” or simply “Indians,” use traditional herbal remedies for medicinal purposes. Many Indian herbs are used for curing various illnesses and for general well-being. Indian herbs can be found in almost every tribal culture that exists in North America. In some cases, certain herbs may be found only in a certain region but most of them are

common among many tribes. The main reason why there are so many different kinds of Indian herbs is that the tribal healers use the ones with which they have grown up and learned from experienced elders. Many Indian herbs can be used for treating everything from diabetes to the common cold.

In general, the tribal healers use herbs for curing illnesses and keeping healthy because they believe that all human beings are one with nature. They believe that the earth has provided humans with a powerful remedy called “medicine,” which can cure all kinds of illnesses. The medicine includes many different kinds of plants, trees, mosses, or grasses. Some consider the plants to be their friends and others consider them as their relatives and guardians; therefore, they take care of them and treat them in return with respect, care, admiration, love, and gratitude.

BOOK 2: ENCYCLOPEDIA



Introduction

Native American herbalism is a type of traditional medicine that comes from the interactions between the plants and the people indigenous to North America. Plants with medicinal properties were used for healing, food, fuel, construction, construction materials, basketry, and other crafts by Native Americans. Native American herbalists are not licensed physicians nor are they trained in conventional medical schools. They are usually well-versed in the plants of their region and can be found working with healers or practicing Native American medicine independently.

Plants, seeds, bark, roots, leaves, berries, and other materials were used as medicines by native Americans. Herbalists used plant knowledge combined with spiritual guidance to create healing ceremonies that attuned them to the natural world. Although Indian herbology is widely known for its use of herbs for medicinal purposes they also used medicinal plants for spiritual ceremonies.

“Medicine is the application of natural forces for the betterment of man's physical, mental, and spiritual being.”—George Bird Grinnell. Contemporary Native American herbalism has evolved over time to include other traditional healing techniques for physical and emotional well-being. The healing ceremonies were also used to stimulate awareness of their connection with the natural world. Native American herbalism correctly emphasizes the knowledge of plants as well as their spiritual use. The connections between plants, people, and land are vital in indigenous healing systems. This connection is vital in the healing process that is part of Native American herbalism.

An indigenous herbalist's knowledge of herbology is vital in maintaining their culture. Knowledge is passed down from generation to generation by elders through natural means. There are no designated schools or colleges to attend to learn everything about herbalism. It is passed down through cultural stories, ancestor worship, and drums. The word of an elder is the basis for many beliefs

in the Native American community.

The medicinal value of many herbs is dependent on how they are prepared.

Chapter 1. Healing Herbs



Agave

Common names: Century Plant, Maguey, or American Aloe

Scientific name: *Agave Americana*

Family: Asparagaceae (Asparagus)

Origin: Native to semiarid and arid regions of America, particularly the Caribbean and Mexico

About Agave:

The agave plant has numerous plant species used for the production of tequila. This is a plant that takes a lot of time to grow—about 5–7 years. It also possesses a low glycemic index which helps to keep blood sugar levels in check. This is one plant that is beneficial for boosting the immune system.

Medicinal parts:

- The sap
- The leaves
- The seed

Habitat and foraging:

- The agave plant is a monocarpic plant that dies after fruiting
- After 10 years in a warm climate or 35 years in a cool climate, it only blooms once

- In its native range, this plant blooms from June to August

Influence on the body:

- It helps improve metabolism
- It improves heart health
- It can help with depression

Traditional uses:

- Wound healing agent
- Hand skin treatment
- Soap production

Possible side effects:

- Digestive system irritation—if taken in large quantities
- Allergic reactions for those who are allergic

Alder

Common names: Mountain Alder

Scientific name: *Alnus incana* (Sap.)

Family: Betulaceae

Origin: Native to Northwest America (California)

About Alder:

Alder is a tree whose leaves and bark are used for making medicine. This medicine helps the body fight sore throats, rheumatism, swellings, and even fever. Everyone can take alder, but individual dosing depends on age and severity of health condition.

Medicinal parts:

- The bark
- The leaves

Habitat and foraging:

- Alder grows on open woodland
- It grows on most soil types with a flowering period between March to April

Influence on the body:

- It helps to combat fever
- It reduces symptoms of constipation

Traditional uses:

- Bleeding

Possible side effects:

- None

Alfalfa

Common names: Buffalo Herb, Lucerne

Scientific name: Medicago Sativa

Family: Fabaceae

Origin: Native to Asia and introduced to North America

About Alfalfa:

Alfalfa is a native of Asia but only got to North America in the 1860s. This deep growing plant is likewise seen around Virginia down to Maine and likewise westward to the pacific coasts of the United States. This herb has seeds, sprouts, and leaves adapted for medicinal use, mostly for kidney, bladder, and prostate conditions.

Medicinal parts:

- The seeds
- The leaves

Habitat and foraging:

- The alfalfa plant is usually found in vacant lots, abandoned fields, and

railroads

Influence on the body:

- It helps improve metabolism
- It lowers cholesterol levels
- It contains healthy antioxidants

Traditional uses:

- Relieving menopause symptoms

Possible side effects:

It can be bad for those who have the following complications:

- Pregnant women
- Individuals who take blood thinners
- Those who have autoimmune disorders

Amaranth

Common names: Wild Amaranth Pigweed,
Purple Amaranth

Scientific name: Amaranthus

Family: Amaranthaceous

Origin: Native to Central America (Mexico)

About Amaranth:

Amaranth is a group of grains with more than 60 species cultivated for a long time now. This ancient grain gives a healthy dose of protein, fibers, and other important macronutrients. The leaves are also rich in soluble and insoluble fiber, which helps to reduce weight.

The seed is easily prepared by soaking it in water for about 3 days and allowing it to germinate. This makes it easy to break down and digest all the antinutrients, making it difficult for you to absorb the necessary nutrients. Once this is done, it can be used for different tasty dishes.

Medicinal parts:

- The leaves
- The seeds

Habitat and foraging:

- Amaranth is easy to plant. Found in North America and South Asia, it needs to be planted for a long season, close to about 120 days.

Influence on the body:

- Lowers cholesterol levels
- It contains antioxidants
- Reduces inflammation

Traditional uses:

- Weight loss

Possible side effects:

- None

American Licorice

Common names: Wild Licorice

Scientific name: Glycyrrhiza Alepidote

Family: Fabaceae

Origin: Native to Canada and Northwest America (Texas California)

About American Licorice:

The root of the American licorice is one of the oldest herbal remedies in the world today. This root has been popularly used to treat various medical health conditions in the form of teas, tinctures, supplements, powders, and medicines. Even though this root has been around for a while, it is backed by scientific research, but it must be taken with caution.

It has been popularly used to treat cough, viral infections, hot flashes, heart burns, and acid refluxes. It also helps to manage sore throats and, likewise clears difficult skin conditions. Even though this root has no standard dosage, it is advised for people to take nothing more than 100 grams daily.

Medicinal parts:

- The leaves
- The roots

Habitat and foraging:

- American licorice is mostly found in prairie and other grassland communities
- It is grazed in summer and early falls

Influence on the body:

- It protects against cavities
- It helps treat peptic ulcer

Traditional uses:

- Reducing menopause symptoms
- Weight loss
- Excess blood sugar aid
- Skin condition aid

Possible side effects:

- Not fit for pregnant and breastfeeding women
- Bad interaction with certain drugs

American Mistletoe

Common names: Eastern Mistletoe, Guy American, Guy de Chine, Mistletoe, Murage Americano, Rhododendron Flavescent

Scientific name: Rhododendron Leucippus

Family: Santalike

Origin: Native to North America (New Mexico, Florida, Illinois)

About American Mistletoe:

The American mistletoe has been used since the early 1920s and is an important plant with numerous uses. From the stem, leaf, fruit, and flower, every part of this plant is medicinal. The chemicals in the American mistletoe plant (Rhododendron Flavescent) affect the muscles and are used for treating low blood pressure and constipation. While the American mistletoe is considered a great and healthy herb, it is always advisable to take the berries and leaves in small quantities to avoid complications.

Medicinal parts:

- The flower
- The root
- The stem
- The leaves

Habitat and foraging:

- American mistletoe grows on a host of trees like lime, blackthorns, willows, and apple
- This herb prefers open space with a lot of light

Influence on the body:

- Constipation
- Low-blood pressure

Traditional uses:

- Easy emptying of the system

Possible side effects:

Taking a lot of berries or leaves can lead to complications such as:

- Diarrhea

- Heart problems
- Vomiting
- Nausea

American Raspberry

Common names: American Red Raspberry, Blackberry, Dewberry, Gray leaf Red Raspberry

Scientific name: *Rebus Ideas*

Family: Rosacea

Origin: Native to Europe and introduced to North America

About American Raspberry:

The American raspberry, also known as *Rebus Strigose*, is a species native to North America. It is found in different colors, and it packs a lot of nutrients that help lower blood pressure. This herb contains omega-3 fatty acids, which helps to prevent heart complications and even stroke.

With constant but healthy consumption, this herb helps keep the body healthy, protecting the skin and the bones. Each one of the American raspberries has distinctive tastes—according to the color—and to get all the nutrients from them, you can use them as toppings for cereals, muffins, and fruit salads.

Countless recipes are designed to help you get the best out of your raspberries.

Medicinal parts:

- The fruit
- The leaves

Habitat and foraging:

- American raspberries are found in the most temperate regions of the world. It is found in many North American regions, and it grows for most of the year.

Influence on the body:

- It contains numerous healthy nutrients like folate Vitamin C and fiber
- It has antioxidant properties which protect against cancer and other complicated diseases

Traditional uses:

- It is used as a face mask for keeping

the face safe

Possible side effects:

- None

American Spikenard

Common names: Small Spikenard, Indian Root, Life-of-Man, Petty Morel, Spice Berry, Signet

Scientific name: Aralia Racemose

Family: Araliaceous

Origin: Native to Quebec and North America (Georgia, Missouri, Kansas)

About American Spikenard:

The American spikenard is a North American plant with a root that has thick and yellow branching rhizomes and a colored latex. Herbalists have used the root of the American spikenard as a medicine for any type of lung infection and disorder.

It is also taken directly on the skin to help treat numerous skin diseases. People tend to sweat out some of the things leading to these complications when they consume the American spikenard. This is a functional root plant that has been used for decades and is known for its effectiveness.

Medicinal parts:

- The oil
- The roots

Habitat and foraging:

- This originates in the wooded mountains of North America, and it grows randomly along rocky and rich riverbanks
- The American spikenard flowers from July to August

Influence on the body:

- Asthma
- Coughing
- Arthritis

Traditional uses:

- Reducing cold symptoms
- Improving overall balance

Possible side effects:

- None

Arnica

Common names: Wolf's Bane, Mountain Arnica, Mountain Tobacco, and Leopard's Bane

Scientific name: Arnica Montana

Family: Asteraceae

Origin: Native to North America (Alaska, Montana, Nevada, Oregon, Utah)

The leaves are also used to treat certain muscle-related conditions. It usually was administered orally and is applied in a gel-like manner. It has often been taken topically to help prevent overdosing on the drug.

The best way to take arnica is through homeopathic solutions. Let it dissolve slowly until it is completely diluted before ingesting it. It is bad for health to take the plant directly as it is.

Arnica is useful for pain management, and compared to other drugs; people do not get addicted to it.

Medicinal parts:

- The flower
- The leaves

Habitat and foraging:

- Arnica likes partial shade and grows in open woods of higher elevations
- This hairy flower blooms in the flowering season in central Europe, which is between May to August

Influence on the body:

- It helps to reduce inflammation
- It helps bring down joint pains and swellings

Traditional uses:

- Aches and pain relief
- A cure for bruises

Possible side effects:

- It can cause skin irritation if left on the affected surface for too long
- It can cause allergic reactions for

hypersensitive people

- Not really advisable for pregnant women

Arrowwood

Common names: Southern Arrowwood, Southern Arrowwood Viburnum

Scientific name: Viburnum Denotatum

Family: Adoxaceae

Origin: Native to Canada and North America (Texas, Florida)

About Arrowwood:

The Arrowwood, also known as Arrowwood Viburnum, is a native of Southern Minnesota and Georgia. Native Americans named it after the arrow shafts they used to make with its roots.

The fruit of this plant is taken either boiled or raw for the sweet flavor and stomach calming properties. The fruit of the arrow-wood is small but works effectively in small doses, so you do not have to take too much. On the other hand, the stem of the arrow-wood is applied on the swollen legs of women who have just given birth for fast relief.

Medicinal parts:

- The fruit
- The stem

Habitat and foraging:

- This herb grows on most soils
- It can be propagated using the seed, and while it can take some time to germinate—18 months
- Propagation can take place between July and August

Influence on the body:

- It is useful for calming pains in the body

Traditional uses:

- The strong shoots were traditionally used for making arrow shafts

Possible side effects:

- None

Aspen

Common names: Populous Tremella, Alamo Templon, American Aspen, European Aspen, Quaking Aspen, Trembling Aspen, Interpupil, Pulpier Faux-Tremble, Popular Cortex, Popular Folium, Populous Tremolites

Scientific name: Populous Tremolites

Family: Salicaceae (Willow family)

Origin: Native to Canada and Central America (Mexico)

About Aspen:

Aspen thrives in cool summers and cold regions—mostly high mountains, high plains, and high altitudes.

This tree is dominant in regions with other coniferous tree species and has continuously grown and adapted for a long time. Aspen does not thrive in well-shaded regions as the seeds find it difficult to grow and develop. One of the popular exterior uses of aspen bark is making paper and match sticks and other constructions when allowed to thrive and dry.

The bark and the leaves of aspen also have medicinal purposes like treating joint, nerve, and bladder challenges. It contains chemicals similar to what is found in aspirin, known as salicin, and this is known to help reduce inflammation.

Medicinal parts:

- The bark
- The leaves

Habitat and foraging:

- Aspen reproduces both by seeds and root, and it germinates within a few days of planting

Influence on the body:

- It helps treat rheumatoid arthritis
- It helps to manage nerve pain

Traditional uses:

- It helps treat swellings that come from infections

Possible side effects:

- Skin reactions when you handle the leaves or bark

Balsam Fir

Common names: Spain Baumler

Scientific name: Abies Balsamic

Family: Pinaceae—Pine family

Origin: Native to Canada and North America (Minnesota, West Virginia)

About Balsam Fir:

This evergreen tree is usually medium-sized and with dark green leaves. These leaves are medium-sized with a narrow conic crown.

Balsam fir has been used for a long time now by Native Americans for therapeutic and medical purposes. Humans back then and even now take small quantities from the needles right off the tree. There are 2 varieties: the Abies Balsamic var. Balsamic and Abies Balsamic var. Phaneroses, and are both used for numerous medical purposes. When applied directly to the skin, it kills germs instantly and also helps to treat hemorrhoids.

Natives used balsam fir to treat different

types of burns and sores as well as for pain relief. Today it is a constituent of many ointments and creams because of the evident skin-soothing properties.

Medicinal parts:

- The buds
- The resin
- The sap

Habitat and foraging:

- Balsam fir grows in cold climates with a growth rate of 12 inches per year
- It goes well with a maximum of 4 hours of sunlight daily

Influence on the body:

- It helps to combat inflammation
- It reduces inflammation in the body

Traditional uses:

- Burns

- Cuts
- Sores
- Chest pains

Possible side effects:

- Not fit for pregnant and breastfeeding women

Balsam Poplar

Common names: Bam, Bam tree, Tacamahac Poplar, Tacamahac, Eastern Balsam-Poplar, Hackmatack

Scientific name: Populous Balsamifera

Family: Willow family

Origin: Native to Canada and North America (Alaska)

About Balsam Poplar:

This is a tree species and a North American hardwood that grows on floodplain sites where it attaches itself. It is a fast-growing tree that is generally short-lived except in special situations. This tree has a sweet and strong fragrance that comes from sticky buds. The smell of this tree is profound to the point that it has been compared to the balsam fir tree. The softwood of this tree is used for construction. Animals also use the twig of this herb for food. Balsam poplar is good for the body for numerous reasons like cough, injuries, sunburns, and frostbites.

Medicinal parts:

- The leaf buds

Habitat and foraging:

- The balsam poplar tree is usually found in waterways and floodplains

Influence on the body:

- Hemorrhoids—direct application
- Frostbite cure—direct application
- Chest congestion
- Cough

Traditional uses:

- Relieving skin injuries—direct application

Possible side effects:

- It can be bad for pregnant women

Balsamroot

Common names: Narrowleaf Balsamroot

Scientific name: Balamuthia

Family: Daisy family

Origin: Native to Canada and North America

About Balsamroot:

The balsamroot is a genus plant in the sunflower family. It has caudices and fleshy taproots with basal leaves and stems which are erect. The entire plant is nutritious and edible even though certain parts of the plant are bitter—with the parts under the plant more palatable than those on top of the ground. This plant can easily be found on dry hillsides throughout the western mountains of North America. This root has antibacterial properties, which have medicinal properties. This plant is edible with roots that support the respiratory system, taking out respiratory challenges like colds and flu. The leaves and roots are likewise helpful in relieving sores, burns, blisters, and other wounds. The sources have been used for headaches and

fevers and relieving body pains and aches.

Medicinal parts:

- The entire plant

Habitat and foraging:

- The balsamroot blooms in May and lasts through to July
- This herb also prefers to bloom in the sun and can manage a partial shade

Influence on the body:

- It helps to cure respiratory disorders

Traditional uses:

- It keeps away the cold and flu

Possible side effects:

- None

Barberry

Common names: Common Barberry

Scientific name: Berberis

Family: Burseraceae—Barberry family

Origin: Native to Europe and introduced to North America

About Barberry:

The barberry is a plant native to North America and has been used for many years to settle skin complications, digestive issues, and infections. Barberry is packed with antioxidants and helps treat pimples, dental infections, and diabetes.

It is highly nutritious and rich in vitamins, fiber, and minerals. The consumption even goes as far as treating and managing cellular damages. It is straightforward to add to the diet as it has sweet flavors that make it easy to consume raw or even as a component of salads and other tasty dishes.

Medicinal parts:

- The fruit—for appetite stimulation

- The root—as a tincture and astringent
- The leaves—for coughs

Habitat and foraging:

- Barberries grow on basically any soil
- It requires enough drainage for proper growth

Influence on the body:

- It protects against dental infections
- It helps to improve the skin, managing any complications

Traditional uses:

- Treating coughs
- Treating diabetes

Possible side effects:

- It can be harmful if taken in large quantities

Black Cohosh

Common names: *Acraea Racemose* or *Cimicifuga Racemose* Fairy Candle

Scientific name: *Acraea Racemose*

Family: Ranunculaceae

Origin: Native to North America (Ontario, Missouri, Georgia, Arkansas)

About Black Cohosh:

The black cohosh is a species of flowering plant that is a member of the Ranunculaceae family native to North America. It has been found to grow in woodland openings with the rhizomes and roots used for many medicinal purposes in the home.

One of the major uses of the black cohosh is its treatment of symptoms that come with menopause, and this has been in use since the early 1950s. It also helps with other conditions like lowering blood pressure, arthritis pains, and period regulation.

The root and underground stems of the black cohosh are extracted and consumed as

powder and liquids. When extracted, it must be taken orally with a dosage of 0.4 milliliters as a liquid or 2 grams as liquid 3 times daily.

Medicinal parts:

- The rhizome
- The roots

Habitat and foraging:

- The black cohosh needs moist and rich soil, which contains high organic matter
- It is found in well-shaded areas which are well-drained

Influence on the body:

- Curing menopause symptoms

Traditional uses:

- Improving weak bones

Possible side effects:

It causes mild side effects like:

- Weight gain
- Headaches
- Possible weight gain

Chapter 2. Herbs for Love and Beauty



Coriander

Coriander is an herb that restores peace and promotes harmony in difficult situations. You can use it in spells to diffuse tension and relax the atmosphere after a heated argument. It can also help with finding a middle ground in debates and finding a compromise to come to a solution. Coriander is often used in spells and workings related to love and union as well. It is thrown instead of rice as an environmentally friendly option during

handfasting or marriage ceremonies. Used in spell bags or oils, it will attract love of all sorts to you.

Ginseng

Ginseng is strongly associated with energy involving romantic love, lust, passion, and fertility. It is good to use in spells and rituals with the purpose of attracting a lover or romantic partner to you. Add it to a magical bath to increase your attraction and charisma or use it in a tea to bolster your confidence and self-worth. If you can obtain a piece of ginseng root, you can engrave a wish into it and bury it to make your wish a reality.

Juniper

Juniper is a versatile herb. String it into ropes or garlands to protect your home, car, or a person from violence or theft. Doing this will also prevent negative energies from building up and interfering with magical energy being used and directed. If fashioned into a bracelet, juniper will attract love of all forms and friendship to you. Adding juniper to your spells and rituals will increase your abundance and prosperity and keep it flowing consistently. Juniper will also promote health and wellness for anyone wearing or carrying it and it can be used to increase healing energies in magic focused on that purpose.

Lavender

Using lavender will bring you peace, joy, a release from stress. If used in a dream pillow, lavender will promote restful and deep sleep. You can increase this effect by incorporating it into a magical bath beforehand. When it is added to a spell bag or charm it will help bring more love into your life and assist in attracting a romantic partner. Lavender is also used in spells and workings involving healing (especially mental or emotional) and those focused on protection and purification.

Parsley

Parsley will bring balance and harmony to the workings it is included in. Use it in a spell ball or charm to break unproductive patterns and help create new paths going forward. Hang it around your kitchen to attract luck and peaceful energies into your home. Keep some in your wallet to draw prosperity and financial success to you. Parsley will also help draw romantic love and a sense of peace to you if carried or used in a magical bath. A bath with parsley added in will also promote healing and increase your strength after an injury or illness.

Patchouli

The use of patchouli in magical workings typically focuses on love and prosperity. If burned as incense it will increase the vitality and passion within an existing relationship. Use it with a spell bag or charm to attract romantic partners to you. You can use it in a magical bath to increase your attraction to romantic partners or to increase your financial success. Offerings of patchouli will help ensure the success of a new business venture or increase your chances of getting the job you are interviewing for. Add some patchouli to your wallet to attract money to you and bring financial success.

Rose

Include rose in your magical workings whenever you want to add positive energies to your spells and rituals. It is primarily used to attract romance, partners, and romantic love, but it is also great for use in bringing platonic love, friendship, and feelings of happiness and joy into your life. Add rose into a magical bath if you need some help loving yourself as much as you should. Use it in spell bags or charms to attract love and positive people into your life. Create an incense with roses to bring positive energies into the space and increase positive thinking.

Tonka Bean

Tonka bean will aid you in determining your path and reaching the goals you set for yourself along the way. It will bring you courage when you are facing stressful situations and help you overcome challenges or obstacles that are in the way of accomplishing what you set out to do. It is also useful in spells and rituals to attract love, joy, and friendship into your life. You can carry it with you to attract love and luck to you. When added to a magical bath or incense it will increase the potency of any magical workings dedicated to the pursuit of love and happiness.

Yarrow

Yarrow is an herb of love. It can be incorporated into potpourri or scattered around the site of a wedding or handfasting to bring 7 years of happiness and joy to the couple tying the knot. If used in a magical bath it will promote increased self-love and attract love in all forms into your life. Yarrow can also be turned into a charm to help you overcome your fears by placing it in a yellow bag or piece of fabric along with a note listing your fears.

Vanilla Bean

Adding vanilla beans to your spells and rituals will increase the potency of any magical workings dedicated to love, romance, and passion. Use oils infused with vanilla to create a personal charm you can wear every day to attract romantic partners and increase your self-love. Burn incense with vanilla bean to increase the passion and steaminess within an existing relationship. You can also use it in magical baths to regain personal energy stores that have been depleted or lost during the struggles and challenges faced in life. Carry some with you to draw love into your life and see events with a clearer perspective.

Aloe Vera

History

Native to Africa, the physical healing powers of aloe vera are well documented. Legend states that Alexander the Great arranged treatment for his legion of soldiers with aloe vera when they were injured. The Egyptian queen Cleopatra is reported to have used aloe vera as part of her beauty routine. Aloe vera was indeed a sacred plant to the ancient Egyptians, as is evidenced by the inclusion of aloe Vera in the paintings that adorned the walls of the temples, conferring religious symbolism to this succulent plant.

Characteristics

The aloe vera plant has green or green and white variegated leaves with small spines on the outer edges. The most common parts used are the leaves and the gel contained within them. Aloe vera gel is often used to treat burns and other skin irritations but is also toothpaste. Aloe Vera is also an edible plant with sap that is known to soothe upset stomachs.

Magical Properties

The Latin Vera is the feminine form of “true,” making the spiny leaves of the aloe vera plant useful in spells designed to halt gossip. Because of its soothing nature, aloe can also be used in healing spells.

Verbena

Verbena is a well-used herbal medicine used all over the globe for the treatment of numerous diseases. Among its benefits: it protects the nerve cells, reduces convulsion, and prevents tumors. It also treats ear infections and can even be used as solar cream.

Verbena is used to stimulate and increase milk production while breastfeeding.

It is advisable to take verbena in processed forms such as powder, tea, or tincture.

Medicinal parts:

- Parts above the ground

Habitat and foraging:

- It grows as roadside weed and is becoming an established plant in South Africa as well

Influence on the body:

It is used for treating the following:

- Digestive disorders
- Trouble sleeping
- Agitation

Traditional uses:

- It was used for treating chest pains and related conditions

Possible side effects:

- It is not recommended for people on blood-thinning drugs

Chapter 3. Divination

Herbs



Fenugreek

Fenugreek is strongly associated with prosperity and wealth. When used in charms and spell bags, it will attract money and prosperity to you. You can sprinkle infused oils made with fenugreek throughout your home to increase the prosperity of those who live there. If you take a glass jar and position it in your kitchen (which is thought to be the heart of a home), add a couple of seeds of fenugreek into it every day to increase the

flow of money and wealth coming into the home and prevent it from leaving.

Bergamot

Bergamot is very strongly associated with magic related to wealth, success, luck, and prosperity. It should be in as many of your spells related to these pursuits as possible. You can add bergamot to any spell trying to bring success in any form into your life to add extremely powerful energies to your work. It can be added to a spell ball to attract luck to the bearer when taking risks or trying to draw good fortune to them. It can also be used in spells of protection and preventing anything from interfering in your success. Occasionally bay will also be used in items to promote peaceful sleep.

Cinnamon

Adding cinnamon to your magic will add a dash of power and vitality to any spell. It is used to attract success, luck, love, power, and wealth to you. It is particularly good at doing this when used in spell bags or charms. You can also use cinnamon in spells to attract romantic love into your life or to increase the level of passion in an existing relationship. Cinnamon is also sometimes used in spells to increase psychic abilities and divination powers. It can provide clarity to the messages you receive and open up your psyche to receive ones you might not normally hear.

Marjoram

Marjoram is an herb of protection and defense. Hang a sprig of it in your doorway to keep your home safe from intrusion and protect it from malevolent entities. Add it to a spell bag and keep it in the glove box of your car to prevent break-ins and theft. Anoint a ring with oil infused with marjoram and wear it daily to create a personal protection charm. If used in a magical bath for a consecutive week it will cleanse you of sadness, anguish, and grief. Marjoram can also be added to incense or spell bags focused on prosperity to draw added wealth.

Vervain

Vervain is a versatile herb. Focused on attracting money, prosperity, and wealth to increase their potency. It also has very strong protective powers. Add it to a spell ball or charm and carry it with you to keep yourself safe from harm. Bury some near your front door to protect your home and prevent invaders from entering. If used in a dream pillow it will keep the sleeper safe from nightmares or from negative entities if they are lucid dreaming. Add Vervain to a magical bath to cleanse yourself from negativity and unwanted energies and to bring balance to your personal energies.

Mint

Use mint in your spells and magical workings when you need to increase or improve the communication occurring between people. It will help in opening the flow of ideas and help prevent miscommunications from occurring. When used in a spell bag or magical bath it will help encourage healing and will help relieve migraines. If you keep a sprig of mint in your wallet it will help attract prosperity and wealth to you. If you have a business, sprinkle some mint across all the doors to bring customers your way and increase your visibility and success.

Dill

Dill is associated with powerful energies to attract money and prosperity to you. Rub oil made with dill on a dollar bill and keep it in your wallet to attract money and financial success to you. It is also great for helping you keep clear thoughts and a sharp mind in financial matters. Use it in spell bags or bottles as a strong protective charm for a person or space. It will prevent negative or malevolent entities from affecting the protected person or space. It can also provide blessings and positive influences if used in the consecration of tools or of a space.

Myrrh

Myrrh is an herb strongly attuned with magical energies and the forces of the Universe. When included in magical workings it will increase the potency and range of any spell or ritual cast. When added to incense myrrh is great for consecrations of people or tools. It can also be used this way during meditation to reach a deeper meditative state and open paths within your mind that are difficult to access. Often myrrh is blended with frankincense to create particularly powerful magical blends used in most rituals.

Dragon's Blood

Dragon's blood is a key ingredient in workings related to protection and defense. It will increase the power and intensity of spells worked to banish negative forces, people, or habits from your life. It will provide protection against further interference or negative influences and will keep habits from returning if used in a spell bag or charm. Dragon's blood is also strongly attuned to magical power and energies, so it will increase the power of your magic as a whole if it is included in spells and rituals. You can add it to ink for increasing the chance of success for wishes written with it.

Frankincense

Frankincense is another herb with strong attunements to magical energy. When used in incense, it will increase the potency and effectiveness of your spells and rituals. It is especially good for use in magical workings that are meant to increase your determination, self-discipline, and willpower or to aid in the completion of a difficult task. Include it at the start of a long-term project or work to increase its chances of continued success and prevent mishaps or setbacks. Frankincense will increase your overall level of success, both personally and professionally. It is associated with the holiday of Yule and should be included in any rituals or spells to celebrate and observe that day.

Morning Glory

Morning glory is most often used in spells of banishing or binding. Be careful when casting such spells, as they are very powerful and can have unintended consequences. They should be reserved for a last-choice scenario. To banish a negative person from your life and bind them to prevent them from doing further harm to you, themselves, or others wrap a morning glory vine 9 times around a photograph of them (just them—no one else in the photo) or a poppet created in their image.

Thyme

Thyme will help increase your prosperity, luck, and financial success. When added to a spell ball or charm it will attract wealth to you and bring in new business or job opportunities. Use it as incense to open your eyes to new possibilities and bring luck in your financial endeavors. When carried with you or incorporated into personal charm thyme will bring loyalty and affection into your life and help others see the best in you.

Allspice

Allspice, as the name implies, is a wonderful spice used for success in business, and also to relieve mental tension. It promotes determination and energy. It is also used in spells and charms that involve money and luck. More so, it can be used as a healing herb and can be used to create a healing herbal bath.

Chapter 4. Herbs for Protection



Elder Herb

You'll discover this yummy product in many pharmacies in addition to natural food shops throughout Europe. In the USA, elderberry syrup and tincture are popular remedies for cold and influenza germs, though you're more inclined to locate them in pill and organic food shops than in pharmacies. Both the berries and blossoms are strong diaphoretics: by causing sweat, and they reduce fevers.

Elder has strong immune-enhancing and antibacterial properties as well and can be much better when combined with echinacea. Elderberries make a number of the greatest syrups and perfumes you will ever taste.

Each summer, I gather the significant, aromatic horizontal clusters of elder blossoms and make elderflower fritters a special summer treat. Blueberries are safe to eat, although most men and women agree that it is best not to eat the fruit raw, but to cook it, soften it, or make a tincture. The berries of red, green, a little tree that grows in high elevations and appears like the blue-green, except its vivid red fruit, aren't edible. Do not eat red elderberries!

Chickweed Herb

Chickweed can be seen globally in moist, cultivated soil and is often regarded as a weed. It's frequently utilized in salves and poultices for migraines and other skin irritations. It's a mild diuretic and can be suggested for water retention. Additionally, chickweed is a treasure trove of nutrients, such as potassium, calcium, and iron. They may also be juiced; they are incredibly useful, mixed with lemon juice. A mild infusion of chickweed is incredibly soothing. This herb does not dry or store well, so to conserve it for future usage, consider tincturing a number of the following crop of chickweed that pops in your backyard. As opposed to seeing it as a bud, see it because of the recovery, tender, and stubborn little plant.

Oregon Grape Mahonia Auditorium

The origins of the gorgeous holly-like plant are gaining popularity since they contain berberine, a compound like the active ingredient in goldenseal. Oregon grape root is used with goldenseal to help avoid overharvesting of the herb; however, the Oregon grape is also a slow-growing perennial using a restricted growing range. Much like goldenseal, Oregon grape root is used both externally and internally to combat infections. It's exceptional anti-inflammatory, antiseptic, and antibacterial properties. It's frequently utilized in formulations to encourage liver wellbeing and digestive troubles.

Additionally, it is an essential herb for skin issues like eczema, and psoriasis. A decoction of the root may be utilized as a topical scrub for diseases. Whether picking yourself or buying it from retailers, then take care to encourage sustainable practices that restrict the potential of overharvesting Oregon grape

roots. Though often successful where it's located rising, Oregon grape has a restricted selection. If wild inhabitants appear to be diminishing, we might determine that this herb be utilized from just cultivated resources, leaving the uncontrolled stands to grow.

Fennel Herb

A favorite carminative and digestive help, Fennel was utilized by the ancient Greek doctors to get all manner of gastrointestinal troubles and to increase and enhance blood flow in nursing mothers. It's a powerful antacid, both excess polyunsaturated acid in the stomach and lowering uric acid in the joints, thus helping to fight inflammation. They may also be used to ease colic. With their licorice-like taste, fennel seeds are rather yummy and are frequently blended with other flavorful herbs to create formulations more palatable. They may be prepared as a tea to ease colic, enhance digestion, and expel gas in the system. (Recall, however, the gas does not evaporate but is discharged, which means you might be tooting somewhat!) Nursing mothers can drink 2–3 cups of fennel tea every day to increase the stream of their milk. Fennel tea also creates a soothing scrub for inflammation and soreness in the uterus. It may be used with infection-fighting herbs such as goldenseal to treat conjunctivitis and

other eye ailments. (Recall, however, breed the fennel tea nicely to not get any herb particles on your eyes).

Ginkgo Biloba

A slow-growing large perennial shrub that can live into a rugged old era. The only survivor of the earliest known tree genus, Ginkgoaceae, dates back over 200 million years, and possibly it's standing as a veritable living fossil account because of its outstanding ability to help with recall and memory. Ginkgo functions as a “brain food” and is an excellent memory aid. Additionally, it enhances energy and enhances circulation. I propose ginkgo as a regular tonic herb for anybody experiencing memory loss or “brain exhaustion “ Recently, it's been proven to stop the development of Alzheimer's disease if administered in therapeutic dosages (i.e., standardized extracts) within a period. Ginkgo has to be used with consistency for many weeks until you will find its advantages. Generally speaking, ginkgo is thriving as a tea, a tincture, or capsules to fortify the brain and flow. Due to its effects on the blood and circulatory system, ginkgo should be stopped for 2 weeks before and after the operation. Even though it is not

usually a problem in these instances, it is much better to err on the side of care.

Yellow Dock Herb

This abundant crazy weed of gardens, areas, and roadsides is very possibly among the very best herbs for the whole digestive tract, including the liver. The massive taproot is full of anthraquinones, which possess a laxative activity. Though yellow dock root does not contain much iron, it assists in the assimilation and distribution of iron in our bodies, making it especially helpful for anyone who has low iron. It's among the very best herbs for nausea and fatigue brought on by low iron levels. The origin is an excellent help for slow digestion and constipation. The chemical components are easily extracted utilizing a water decoction and from alcohol. Yellow dock creates a somewhat bitter decoction; therefore, it's best formulated with much more yummy herbs. The tincture is excellent for the liver and digestion. It may be added to formulations because of its analgesic properties. It creates an iron-rich syrup, incorporating other iron-rich herbs like nettle, chickweed, dandelion leaves, and root.

Goldenseal Herb

It is quite possibly among the very Valuable and useful plants of North America. Especially effective at curing mucous membranes, goldenseal is employed in cleaning washes for your eye, as a douche for diseases (cautious: it may be too drying to your vagina if not appropriately formulated), in mouthwashes for sore mouths, and at the topical treatment for psoriasis. It contains antifungal, and antiseptic properties and is frequently combined with additional infection-fighting herbs to help fight infections and ward off colds and flu cases. Goldenseal is quite bitter and is commonly utilized as a bitter tonic and digestive aid. The origin is infused (maybe not decocted) as a sour tea, which may be used as a mouthwash for gum diseases and as a topical wash for cuts. Blend the herb with echinacea to help fight infections and colds. If used within a period, goldenseal becomes an irritant to the mucous membranes, resulting in inflammation and aggravation. Always rotate its usage (for example, 5 days on, 2

days away), nor use it for more than 3 months at one time.

Hawthorn Herb

Hawthorn is very possibly the best herb tonic there's. It's been admired and surrounded by legend for centuries and can be employed as a curative plant in each nation it develops in. Hawthorn dilates the veins and arteries, allowing blood to flow more freely by discharging cardiovascular constrictions and blockages. Additionally, it can help maintain wholesome cholesterol levels. As it's regarded as food instead of medicine, it's usually considered safe to use together with heart medicine. But if you are taking any type of pharmaceutical, you should check with your healthcare practitioner before using herbal supplements. Hawthorn is yummy as a tea, syrup, and shake, and it could also be tinctured.

Hibiscus Flowering Plant

Hibiscus is packed with vitamin C, bioflavonoids, antioxidants, and many other minerals and vitamins. With its abundant, glowing reddish pigment, it elevates its affinity for the center, and, honestly, it's an excellent heart tonic. The giant tropical blossoms make a brilliant reddish tea that's tasty and sour, with a sweet aftertaste. Hibiscus is frequently formulated with stevia or other sweet herbs to improve its taste. It brightens any tea with its fantastic ruby red color. Consider creating a thick hibiscus syrup and then add it into sparkling water for a yummy punch. Packed with vitamins and minerals, this drink is much superior compared to sugar-loaded soda.

Marshmallow Herbal

Family, which also has hibiscus and hollyhock. It's a particularly benevolent household; it does not have any poisonous members, and several of those "malls" are utilized for food and medication. Marshmallow is among the most famous members of the family. The Romans believed its origin for a yummy vegetable, and also, the candy leaves were considered a culinary cure for one of many ancient civilizations. Early leaders in the USA boiled the powdered root with glucose to produce a sweet confection, which later morphed into the marshmallow we understand today. (Regrettably, the new candy is devoid of this herb for which it's named.) A soothing, mucilaginous herb, a marshmallow creates yummy tea for sore throats, respiratory distress, and gastrointestinal troubles. It's excellent for helping to soothe and treat ailments and other inflammatory conditions.

Additionally, it is especially beneficial for treating urinary tract infections and urinary

problems, and in such instances, it's often combined with other sinus tonics like chickweed and cleavers. The powdered root or foliage may be blended to a paste with water for soothing skin irritations. Marshmallow and oatmeal may also be utilized in the bath for a gentle clean. Marshmallow may be tinctured, but its mucilaginous components are more soluble in water than in alcohol. Therefore, water preparations like tea and syrup are more powerful.

Chapter 5. Herbs for Good Luck



Rosehips Rose Haw

While this beautiful red fruit is revered for its vitamin C content, it is like a multivitamin grown to a tree due to vitamins A, D, E, essential fatty acids, and antioxidant-rich flavonoids. Rosehips are used to flavor teas and jellies, and it is a good thing for the immune system. While fresh rose hips constitute a significant source of vitamin C, dried rosehips? Not so much. The act of drying the plant zaps a fantastic piece of its C

content.

Rosemary

Rosemary is not only for seasoning lamb anymore. This broadly studied herb includes an active ingredient known as carnosol acid demonstrated in scientific studies to get serious protective effects in mind. Neurochemistry reveals that it protects brain cells from free radicals and might be employed to take care of neurodegenerative ailments like Parkinson's, Alzheimer's, and stroke. Researchers consider continuing studies to demonstrate the herb for effective anti-aging treatment due to its capacity to prevent disease, slow aging, and encourage the nervous system. The mint family (along with ginger, oregano, and lavender) has been used for everything from petrol relief and toothaches to hair loss and memory reduction. From the nineteenth century, physicians burnt rosemary in their ill chambers to disinfect the recovery area and kill germs. In reality, it will not survive a freeze. It is often safest to maintain the herb inside in a brightly sunny place with steady temperatures and soil dampness control.

Sage Herb

While there are lots of kinds of sage, *Salvia Officinalis* has become the most useful variety quickly to your herbal medication kit. Even though there are lots of distinct sorts of sage inside precisely the same household, they have various advantages and uses. This specific blossom --analcime sage"--is widely utilized in aromatherapy in addition to wounds, diseases, and cleansing solutions because of the antibacterial chemicals. In ancient Roman and Greek times, royalty downed countless lavender teacups, believing it had been a fountain of youth types. During that same period, the herb has been used both as a meat preservative and a memory booster. In reality, rosemary was utilized throughout the Black Death to fight against the illness. It appears these early civilizations were on something. Research has shown the herb to boost memory and fight against Alzheimer's disease.

Rosehips

Rosehips contain more vitamin C than any herb and lots of times that of citrus fruit, even when quantified g by the gram. Rose leaves may also be utilized and are toning and astringent. The beautiful fragrant flowers are used in heart and love potions and several flower essence formulas. Make new rose hips into a vitamin-rich jam or syrup. Rose hips make a flavorful, mild-flavored tea, perfect on a chilly night, sipped with a roaring fire. Or attempt infusing the leaves, buttocks, and blossoms together to get a completely increased tea.

St. John's Wort

If you have taken any type of road trip across the USA and Canada, you have likely noticed this herb growing on the side of this street. This herb has been widely studied because of its potent anti-inflammatory antibacterial, and antifungal properties. Its striking buds are most likely best known for their effect on feel-good hormones, such as noradrenaline, and dopamine, making it a highly effective antidepressant treatment. (It requires 3 weeks of constant use because of its mood-boosting consequences to kick.) Hippocrates was a significant fan of St. John's wort and listed its applications in his medical records. It is natively European but has appeared fairly much anywhere. Australia, which currently develops it as an exportable crop, generates 20 percent of its international distribution. Even though it's been used for hundreds of years for neurological impairment and is held in high respect by herbalists, St. John's wort was only recently "rediscovered" because of its antidepressant pursuits. It's effective against moderate depression and appears to

raise the spirits used regularly. The gorgeous reddish oil made magically in the merry yellow flowers is an excellent help for injury and is among the most extraordinary topical remedies for bruises, sprains, burns, and injuries of all types. Surely make St. John's Wort oil; it's among the best medicinal oils. The blossoms and leaves may also be tinctured or prepared as an extract (use roughly 70 percent blossoms to 30 percent leaves).

Ova Ursin Herb

Its leather-like leaves are relegated to create tea for bladder and kidney ailments. It's a potent diuretic, astringent, and urinary antiseptic which calms and soothes urinary passages. Ova ursin is the most successful extract for inflammation and disease. A potent infusion mixed with lemon juice can be useful for kidney and bladder ailments. But a decoction will bring a wealthier concentration of tannins along with also the plant's astringent properties.

Wild Cherry Herb

Wild cherry bark is a pectoral expectorant, meaning that it will help expel mucus in the lungs, also helps relax and calm the pectoral muscles. It's among the few herbs included from the United States Pharmacopeia and may nevertheless be found in specific industrial cough remedies. It is also a digestive bitter, which enhances digestion and also promotes healthy bowel function. For dry, hacking coughs or spastic coughs that simply will not stop, consider mixing wild cherry bark using valerian root. Made into a tea or tincture, this is a superb combination that will help relax the muscles and expel deep mucus.

Wild Yam

Wild yam has an intricate physical activity and can be used for several essential functions. It's the primary source material for both steroid manufacturing and is a hormone stimulant. It hastens the endocrine glands' process and assists in the everyday use of both genders' reproductive systems. It's been used as a treatment for the menstrual disorder, to stimulate digestion and liver, and to increase fertility in women that are progesterone deficient. Wild yam additionally has nervine and antispasmodic properties. Also, it's a superb treatment for soothing muscle cramps, colic, and uterine pain. It's also beneficial for relieving liver blockage and normalizing gut function. Use wild yam in formulations for the reproductive system of both women and men.

Additionally, it can be made in teas, tinctures, and capsules. It's seriously depleted in its typical habitat. Buy only from cultivated sources.

White Oak Herb

White walnut herb bark is a strong astringent and disinfectant. The high tannin content from the bark, leaves, and gall creates the white walnut incredibly helpful for treating asthma, dysentery, and migraines. It may be ready as an astringent, antiseptic wash for wounds, poison oak, and poison ivy. It's also employed as a gargle for sore throats and gum and tooth diseases, as a douche for leukorrhea, and a wash or poultice for varicose veins. The white pine's inner bark is often used, but the leaves and gall can also be full of tannins and quite astringent. It's usually made into a decoction for internal functions and an antiseptic ointment for outside parts. White pine bark also tinctures nicely and can be found in formulations for tooth/gum ailments, sore throats, and skin ailments like poison oak and poison ivy.

Astragalus Herb

Called “the young individual's ginseng,” astragalus reinforces the immune system and also helps reconstruct the bone marrow book that regenerates the body's protective shield. It's a superior tonic herb that is used in treating chronic imbalances. It's also handy for regulating the metabolism of dietary sugars, and consequently, it's helpful for individuals with diabetes. Astragalus is best utilized in tea for long-term illness, reduced energy, and encouraging and building profound immune power. Astragalus may also be used in capsule form. Or just eat it as is placing a complete root or 2 at a kettle of soup and simmer for many hours, or even chew on it just like a licorice stick; it is quite yummy.

Slippery Elm

Slippery elms, together with other elm trees, partly because of their low prices and slow-growing character, making their inhabitants slow to replenish. It's possible to discover little and full-grown trees offered in specific nurseries in addition to online because their bark remains in demand. Most herbalists substitute marshmallows in recipes whenever permitted or readily available. A wholesome tree could top 60 feet tall. What is coveted for medicinal usage is the bark in the branches. Slippery elm is famed because of its “mucilaginous” consistency, meaning that the thick, gooey texture is inherent in certain crops. Together with its natural anti-inflammatory, anti-irritant features, this viscosity makes it a soothing, nourishing ingredient in contemporary skincare lines. Back in the day, Native Americans utilized to soak slippery elm bark, cover wounds, and permit it to dry over the wounded area since the bark exerts its therapeutic compounds to the skin.

Chaste Tree Herb

Chaste tree, a tree native to the Mediterranean area, has been used by Europeans since early times. It's among the main herbs for nourishing and feeding both women and men's reproductive organs and is incredibly valuable in restoring energy and overall tone into the female system. (While the chaste tree is an essential herb for many women, it does not work for everybody; listen when first using it to see whether it is the best option for you.) Many men and women use it to boost their sexual energy, even though there's some controversy regarding whether it arouses or depresses sexual appetite. I find it amphoteric inactivity, meaning it wakes or pushes determined by what your body requires while still addressing the imbalance's origin. Chaste tree berries taste and look somewhat like black pepper. Even though they may be vaporized in tea, they are ordinarily utilized in tincture or capsule form. They may also be placed into a pepper grinder, also used like pepper.

Cayenne Pepper Capsicum Annuum

Cayenne is loved worldwide, together with, and it is somewhat deserving of all of the attention it gets. Not only it is a fantastic fired-up culinary herb used in all types of dishes globally, but it's also a highly valued medicinal plant. It functions as a catalyst into the system, stimulating the body's natural defense mechanisms. It's antifungal properties and is a superb heating circulatory herb. It's among the very best heart tonics, raising the pulse and toning the muscle. In the end, it's a tremendous carminative, sparking the digestive process and assisting with constipation and congestion. Cayenne may be appropriately used in several formulations (capsules, teas, tinctures, and food preparations) as a catalyst or activity herb. The burning sensation it generates is shallow rather than harmful. Cayenne, though secure, is sexy. A pinch of cayenne in a tincture formulation may overwhelm, along with a grain or grain within an herbal pill, may send

one to the ceiling! Use with care and only in little quantities. Always wash your hands well with soap and warm water (or vegetable oil or lotion) after working using saltwater not to move it to your eye.

Raspberry Herb

Measure apart chia, raspberry leaves, and seeds Are thought of as among the trendiest new superfoods around. It is no surprise. Beauty fans are fairly psyched about its capacity to eliminate acne scars, treat and prevent breakouts, reduce wrinkles, smooth skin surface, and even skin tone. Blackberry foliage makes an equally excellent (and antioxidant-rich) substitution. Raspberry is widely known for its advantages of encouraging pregnancy, labor, and delivery. Many civilizations have used it to deal with a vast selection of ailments, such as hypertension, kidney disorders, and illnesses. Topically, its leaves are a very potent disinfectant and are applied to wounds to accelerate recovery. Raspberry bushes flourish in Zones 3–9 in regions with complete sunshine, fertile, well-drained dirt, and decent airflow. Do not plant near a place that develops or is used to create tomatoes, potatoes, peppers, eggplants, bramble berries, or roses, which may cause harmful diseases that could attack and destroy the fruit.

**BOOK 3:
DISPENSATORY
HOW'S OF WILD
CRAFTING**



Chapter 1. Wild Crafting

Wild crafting is probably the most ancient activity men have ever done. It consists of harvesting plants from the wild for food or medicinal purposes. When done sustainably, this is a win-win for both men and plants: men can receive food or medicinal herbs from nature, and in exchange, they take care of the surrounding environment by taking only what is necessary, replanting plants and seeds, removing dead branches to help the plant grow faster and more robust. There are techniques and gathering methods that allow the plant and the surrounding environment to benefit from the harvesting. This is important to minimize the impact we have on our planet and ensure that we have access to nature's benefits for many generations to come.

Rules for Ethical Wild Crafting

The Rocky Mountains Herbalist's Coalition, from Colorado, selected a set of rules to live

by when wild crafting. These rules may seem obvious and common sense, but if followed religiously, they will assure that everyone would benefit from the local flora for generations:

1. Never pick endangered species.
2. Before harvesting, be sure of the plant identification.
3. Ask permission and thank the plants.
4. Leave mature plants which stay in a higher position untouched so they can indeed repopulate the picking zone with the down-slope rolling of seeds.
5. *Gather only from abundant stands and no more than 10% of the plant.*

Most plants grow best where there is direct sunlight. Plant your herbs where they will receive at least 6–8 hours of direct sunlight every day. Annual herbs can be planted alongside vegetables while perennial herbs in the vegetable garden. Plants grow best in soil that is well-drained and rich in nutrition.

Always water the plants but do not overwater them.

The method used to harvest plants depends on the part of the plant you are planning to harvest. Various tools are used for harvesting and they are a sharp knife, scissors, or hand pruners. You can use your hands to pluck leaves and fruits. They are at their peak before flowering. If you are planning on harvesting the entire plant, it should be after the plant's flower buds have opened. If it is an annual plant, cut it off from the soil surface, however, if it is perennial, cut off one-third of its stem. Seeds and fruits are to be harvested after they have matured.

Planting and Harvesting

Wild crafting is the practice of foraging for useful plants from their natural, wild habitat for edible or medicinal purposes. These plants are gathered to be used as food and medicine from their natural habitat. It is for medicinal herbs and is one of the most rewarding things. Nowadays, wild crafters gather and dry various botanicals to be

shipped to buyers. They search the woods and fields to find varieties of plants, both rare and common. However, certain parts of each plant are valuable such as leaves, bark, and stems and they are collected as herbs.

Ways of Wild Crafting Herbs and Buying Tips

The step thing to do is to know how to identify various plants. A person can start by following a practicing wild crafter who will put you through when it comes to the identification of plants. After identification, the next step is harvesting.

Before you harvest any plants. Ask the dealer about his thoughts in regards to the plants and ask for verification. Because the price of herbs varies from one season to another and it also depends on the company you are dealing with, however, if you have a large amount it will be better to go after the best offer.

Ethical Practices

- Identify the rare plants and avoid harvesting such plants

- Always pick different spots when harvesting
- Always leave the area in which you harvested from in a better condition
- Adequate caution should be exercised when harvesting
- Be mind of climate change which may affect the plant
- Harvesting techniques should be developed
- Cut the stem or branch at a 45-degree angle about $\frac{1}{4}$ inch above the leaf node. For plants with opposite leaves, cut straight across.
- Observe the correct cutting angle and leave distance from the node which will prevent unnecessary damage to the plant.
- Always replant the root crown after harvesting.
- Clean cuts should be made when removing branches
- When cutting larger branches, first

make a 1-inch-deep cut under the branch before sawing in the same plane from above.

- Lastly, plants either the roots, stem, or leaves, should be rinsed in cold water and dried. Drying of the plant is done after harvesting to give it the best flavor and color.

Chapter 2. Growing and Storing Herbs



Herbs have been in use since prehistoric periods. Ancient Greeks and Romans crowned their emperors with laurel and dill. The Romans also make use of dill to cleanse the air: Hippocrates, the famous Greek physician, itemized about 4 hundred herbs commonly in use in the 5th century. About 65 A.D., a Greek physician (called Padania's Discords) serving with the Roman warriors, wrote *De Materia Medicap* where he described the medicinal values of several

herbs. Up till today, it's regarded as one of the most prominent herbal books.

In the Middle Ages, people used herbs to preserve meat and also to cover the decaying. They also used herbs to neutralize the odors of the people who don't bathe regularly. These periods were unfavorable to the evolution of herbs in medicine. The Catholic Church started killing herbalists as they were associated with both paganism and witchcraft. Most of the early settlers cultivated herbs for their medicinal properties and for seasoning their food. American Indians often used herbs for dyeing and tanning leather.

3 Major Medicinal Herbs Traditions Derived From the Use of Herbs in Prehistory Age Western

Based on Roman and Greek sources, the Romans and Greeks hypothesized that 4 humors pervaded the body and that these liquids and their relations affected health.

Every single fluid—phlegm, blood, yellow bile, and black bile—was linked with one of the similar 4 nature's elements respectively—water, fire, earth, and air.

Greco-Roman Civilization

This medical philosophy was passed on to the European countries where it passed on through the Middle Ages. And it began gaining approval in the renaissance period.

Though patients could consult physicians, commonly health care began with treatment devised by the household's heads. They would treat members of the family and servants with concoctions such as wine or vinegar for wounds disinfection. Puppy juice, mixed with the yolk of an egg and eggshell ash, was a dysentery “remedy.” Roman physicians and surgeons used henbane seeds (scopolamine) and extracts of opium (morphine) as a painkiller.

Evidently, there have been changes in the concept of illnesses over time. While Galen, the Greek physician used buckthorn (*Ramus frangula*) to protect patients against demons

and witches in the second century, nowadays Buckthorn is most commonly used as a laxative. Consequently, the application might have changed; numerous herbal medicines are still in use. For instance, anise was used by Hippocrates to treat coughs, even up till the present time the treatment is still in existence.

Ayurvedic

Ayurveda or Ayurvedic medicine (from India), is a holistic approach to therapy that was initiated in India about 1500 B.C. It emphasizes that an individual's well-being is the consequence of a natural balance and that the occurrence of illness is a result of imbalance. Natural remedies and herbs are to reinstate balance.

Traditional Chinese

Traditional Chinese Medicine (TCM), dating back about 2 thousand to 3 thousand years, is based on a belief that your well-being is the consequence of constant battling between opposing forces (yang and yin). If these forces are imbalanced, you fall sick. When

they are in balance, you will be in good health condition. Therapies are aimed to stimulate the body's curing machinery and include, among other things, herbal medicines and moxibustion (burning herbs near the skin). The United States National Library of Medicine embraces about 2 thousand volumes of Chinese medical classics.

While most of our modern herbal medicines derived from the Greek, Roman, Chinese, and Ayurvedic sources all ancient civilizations, comprising the Egyptian, Aztecs, and Mayans adopted herbs in treating illnesses, for instance, an Egyptian housewife that had a sore throat would treat it by gargling with a combination of vinegar and garlic. It would give her an additional benefit of minty fresh breath.

Benefits of Growing Medicinal Plants

Growing medicinal plants provide numerous benefits to humans, plants, and the environment, the following are some of the

benefits of growing medicinal plants in your garden.

Herbal Medicinal as Foods

As earlier mentioned, most of the plants we have come to depend on for food also have medicinal values. The food part in some cases differs from the therapeutic part—for instance, it's often the blackberry root bark that is being used for medicinal purposes. But in most cases, it's the edible part of the plants that we consume as food, balancing and toning the body while adding spices to our meals, like peppermint, ginger, fennel, and cayenne (a common digestive and circulatory system tonic). We ought to integrate such herbs more regularly into our diets and discover their use in a more formal way when the need arises. For example, we could make an infusion of fennel to stimulate appetite or digestion, or to treat colic.

Herbs Could Be Used to Prepare Other Foods With Medicinal Effects

During the ancient periods, a variety of herbal plants—berries, elderflowers, St. John's wort,

licorice, wintergreen, ginger, and yarrow were used to flavor and preserve ales and beers. Vegetable oils and vinegar can be infused with herbs such as cayenne, garlic, and rosemary, and served on salad and other meals to improve our health. Mead, a fermented drink made from honey, has its medicinal values, but could also be prepared with herbs like heather to boost its medicinal richness.

Herbs to Boost Insect Diversity

Experienced homesteaders are aware that the solution to managing insects isn't a process for killing them, but allowing even more insect diversity, mainly by growing plants flower all through the growing seasons. Numerous common herbal medicines—such as Echinacea, yarrow, calendula, fennel, peppermint, and chamomile—are flowering plants, and also have the value of providing food and shelter to the beneficiaries. Growing flowering plants and herbs are more effective at boosting our insect allies when integrated with the crops to be protected, instead of planting them separately.

Herbs as Fertility Plants

Clever homesteaders are also aware that we can grow more of our soil fertility. Fortunately enough, a number of the best fertility plants also possess medicinal properties. Comfrey—used for healing broken bones and wounds - and nettle are rich in protein and could be used to “spark” a compost heap or as nutritive mulches. Yellow dock and dandelion are deep-rooted active collectors that mine mineral deposits from the sub-soil and offer them to more shallow-rooted crops

Herbs as Fodder Crops

I discovered that yellow duck and dandelion remain green deeper into winter’s cold than other forage plants—I dig them up and feed them to my flocks. Oats could be used to feed livestock and also make an excellent nerve tonic. Either self-harvested or cut and fed green. My geese love comfrey.

Other Landscape or Ecological Uses

Willow and hawthorn may be cultivated as a living fence, as a windbreak, or for shade. As

much as they provide essential environmental benefits—mild life and bird shelter and moderation of the wind effects, heat, and loss of soil humidity to evaporation—in addition to their therapeutic values.

Chapter 3. Shopping for Herbs



In the world of nutrition, herbs have been ignored for centuries. In recent years, however, more and more people are finding great benefits from herbs as a cheap natural solution to a healthy life. Herbs can be sourced from your backyard or grown in a pot on your kitchen window sill. They can also be found by shopping for them at local stores or online retailers who specialize in selling them.

When you take your healthy life to the next level by incorporating herbs into your diet, there are several benefits that will increase

your general health. For one, eating herbs will help to produce a stable blood sugar level. Herbs are high in fiber and many are also high in vitamin C which will help to keep your immune system activated.

Another benefit of eating herbs is that they can be used as natural remedies for a wide variety of health issues. Almost every herb has multiple uses for different people and therefore, can easily be incorporated into any healthy lifestyle plan. Whether it's maintaining an active immune system or alleviating the symptoms of an illness, almost every herb has at least one use. Consult a trusted physician and see what herbs they recommend.

There Are Some Basic Herbs That Everyone Should Know About

Thyme: Thyme is a source of Vitamin C and also has antioxidant properties. The most common way to add thyme to your diet is by making tea blends or using it as a spice in

soups, stews, and other dishes.

While there are many herbs on the market today, what you eat is still extremely important. It's not a good idea to replace a balanced diet with only herbs. It's also not a good idea to replace common medications with herbs. If you experience any significant health issues, it's always a good idea to consult a physician before undergoing any form of herbal treatment.

When choosing your herbs, you'll want to make sure that you get the freshest and healthiest available. You should avoid buying herbs from the supermarket if possible because they have been treated with chemicals and may have lost most of their nutrients. Buying local is always best because it supports the local economy while also getting you fresher products. You can also find some of the best herbs online through specialty retailers who tend to keep their herbs fresh longer.

Some common side effects of using too many strong herbs are indigestion, nausea, and diarrhea. If you're suffering from any of these

side effects, try eating smaller amounts of your herb or drinking your herbal tea with a larger amount of water to dilute the flavor.

For the most part, the benefits of herbs are not directly known. They can be viewed as a supplement to a healthy lifestyle since many people choose to avoid conventional forms of medicine when it comes to their health. Herb use is typically learned from friends which is why it's important for you to educate yourself about herbs before trying them. You should also make sure that any herbs you take are certified organic or wild crafted in an environment that supports sustainability and biodiversity.

As a side note, you should always be careful when purchasing dried herbs because there have been reports in which these bottles have been found to contain mold due to improper storage. For this reason, we recommend purchasing fresh herbs whenever possible.

Hone your herb knowledge and get started today! You can get started by visiting our home herb garden or by making a few herbal blends today. Try one of the recipes below

and get started!

As always, we encourage you to make sure to drink plenty of water while working in the garden and consume only small amounts of your herb blend. The best method for consuming herbs is by drinking them through herbal teas or other forms that are not bitter in taste, blend while taking any medication since many herbs interfere with interactions between medication and the body.

Chapter 4. Tips About Use and Abuse of Herbs



The Native American population is not just one big collection of people, but rather they are a collection of different tribes, with each of these tribes having its customs, beliefs, and cultures. During pre-Columbian times there were over 2,000 separate tribes in North America; because of the large number of these tribes, we cannot mention them all in this publication. We will, however, deliberate some of the larger and better-known tribes, including their cultures and traditions.

Native American history has, for the most part, been ignored by mainstream schools and the education systems thought America and the rest of the world.

What many people do not appreciate or know is that the Native American population is not just one extensive collection of related people, but rather it is made up of a mixture of different tribes with very different backgrounds.

Each of these tribes has its individual beliefs, customs, and cultures. Some were mainly hunters and gatherers who survived because they occupied vast land areas, while others were predominantly farmers who tended to stay put in one area; their lifestyles ranged from nomadic, semi-nomadic, to static.

The North American culture and prehistoric Stone Age lifestyle had not changed much for thousands of years, mainly because there was no need to change in all of that time. They did not develop a Bronze Age or Iron Age culture; their weapons and tools were all made of stone, as they had not had the experience of the use of metals. Their culture

was a primitive one in some ways but very advanced in terms of personal development and quality of life.

Many of the tribes that inhabited parts of North America have been lost, a reasonable proportion of these because they have been absorbed into other larger tribes. Some of the “lost tribes” were annihilated through inter-tribal disputes and wars, which was not uncommon. Although many Native Americans were mainly peaceful, they were fiercely territorial and protective of their lands. The predominant belief was that lands were a gift from the spirits or gods.

With the coming of land greedy foreigners, many Native Americans perished in conflicts over ownership of their land because they rightfully wanted to retain their homelands. Many millions of Native Americans, far more than killed during the land wars, succumbed to the many introduced diseases that were spread when foreigners arrived on their shores and traveled through their lands; the local people had no resistance or defense to new viruses.

North America is a huge country that contained hundreds of different tribes and sub-tribes. Although many great Native American tribes warrant being mentioned, they will not all fit into this book because of the huge number. Therefore we will deliberate only a few of the largest tribes, including their cultures and traditions.

Safety Tips When Using Native American Herbs

To use any medicinal herbs properly, you must first be in a correct state of mind, which means that you must be strict with your diet and exercise regularly. This will ensure that your body is balanced and in the proper state to heal, so it is best not to use any type of herb or plant until this has been done.

If you recently became interested in home remedies and Native American medicinal herbs, then you may be tempted to start off using at least a few of them right away. However, that is not the best thing to do because it will cause your body to go into shock and might actually make you sick.

Instead, just try out one herb for starters and then work your way up from there when you know your body has adjusted to it.

There are many different types of plants that can be used as medicinal herbs in Native American culture. Still, there are also several that can be poisonous or harmful if used improperly. If you do not know what it is used for, it is best to avoid using it.

Native American culture, but several herbs need to be used during the right time of year; otherwise, they will become poisonous when they aren't in their correct season. Just make sure to take this into account and only use those that are available to you at the moment.

Using Native American herbal medicine is never forgetting about your doses. If you do, it will not have any of the healing effects you hope for. Instead, make sure that you set the alarm or use a watch to not miss it. Then try to repeat this process as often as possible until your condition has completely healed.

If you take these steps into account, then many people have found that using Native

American herbal remedies can help them overcome their illnesses and start healing faster than ever before.

So, if you have been looking for a natural cure for your ailments, then it may be time to look into this type of herbal medicine a little bit more.

In some cultures, it is used for healing, but it is used for purifying or cleansing in others. If you know what it is used for in Native American culture, then you can always use this information to your advantage.

But if you don't know and just pick up a random herb and decide to use it anyway, there could be consequences; you could do more harm than good, or it could even become poisonous if used improperly.

Herbs can be used for the same purposes, but they have different body results, so not all of them will work the same way for everyone, even if their purpose is similar. For example, a few Native American herbs such as the Stinging Nettle can help with conditions such as diabetes or cancer. But if you have no

education on these herbs, then how do you know if it is the right herb for your particular condition? You may find you are using the wrong herb, or it might not even work for the intended purpose.

When using any type of medicinal herb, you should always start with just one and see how it affects your body before adding in more types of herbs. Not only is this safe, but it will also help you to understand better how each herb affects your body and what your body needs the most at that particular time.

For example, if a certain herb was used for a specific purpose in Native American culture, then you should just stick with what works and doesn't cause any harm. But if it is used for other purposes, which you may not be familiar with or have heard of before, it could do more harm than good or even become poisonous. Try out the various herbs and see if they work for you.

There are many different types of wild plants that can be used for medicinal purposes in Native American culture, but several can be poisonous. Don't use any of these because

they could have adverse effects on your body. However, if you know what the plant is used for, then everything will be okay; just make sure to do your research first before using any plant or herb from the wild.

Chapter 5. How Herbs Work



The list of conditions treated by Native American Medicine is extensive, but in this, I will focus on those which are particularly relevant to young women such as eating disorders as well as depression and anxiety. Many with these conditions lack the skills to set boundaries and to stand up for them. Others suffer from low self-esteem.

In Native American medicine, we do not view these diseases as a disease in the conventional sense but rather we treat their

underlying causes. The causes of eating disorders can be emotional or spiritual, often rooted in the misunderstanding of a child's spiritual identity and purpose; sometimes they are a symptom of excess energy that needs to be transformed into something positive, or they may simply be a cry for help from someone who feels lost and alone.

Native American medicine does not view eating disorders as being a disease in the way we do. We consider eating disorders as being an imbalance caused by an emotional, spiritual, or mental issue and nothing more. This is why Native American medicine treats every individual according to their unique situation and condition. The causes of these conditions range from the simple to the complex. Some causes are clearly visible on a physical level; others can be seen in the form of rashes, bloating, stomach cramps, headaches, or other physical symptoms that can easily become confused with other diagnoses like food poisoning or an infection

Native American Medicine is not only limited to the treatment of eating disorders but also

can be used to help with other conditions such as “burnout” (which is a term coined by Dr. Jordan Peterson), grief, stress, and self-esteem issues. I strongly recommend you seek a shamanic consultation. A shamanic consultation can assist in getting to the root of the problem and assisting in healing. A shamanic consultation may be helpful if you are seeking a way out of the “disease,” as some physical symptoms will disappear once you have set free yourself from the emotional cause that was behind it all along.

In my practice, I help people come to understand their spirituality and purpose in the world. Once you understand why you are on this earth, so many of these physical “diseases” will disappear. If an eating disorder arises because a person has a strong need to protect herself from the world once that has been dealt with then the eating disorder will no longer be necessary. This is why Native American Medicine does not treat disease but rather works with the person to heal what ails them and assist them in living a healthier balanced life.

Today I will be using an example of a client that came to me with symptoms of bloating, nausea, and headaches. When I asked her about her life she told me she was very stressed with school. I noticed that she was taking care of others to the point that they were becoming her priority and not herself. She had let herself go, even though she was very young for a woman of her age. Some were so deep and buried and others were so recent that they had not yet been addressed or processed on an emotional level.

I recommend that you read this part from the shamanic perspective. I want to be clear; Native American medicine does not view trance work as a solution for all problems, and certainly not in every case. In this, I am just using an example of how to work with someone who is experiencing symptoms of anxiety or low self-esteem. If you are suffering from an eating disorder please seek help from a professional. This is about creating healthy boundaries and seeing yourself as an important part of the world around you.

When we work with someone using Native American Medicine we can choose to work on an emotional level or a spiritual level. It is important to note that what I mean by “spiritual” here is not necessarily in the religious sense; it is more about the way you view yourself and your purpose in life. The way you treat yourself can have a big impact on how others treat you as well.

When we work with people who have eating disorders, the symptoms may include bloating, stomach aches, and headaches. I have even seen cases where a person has lost consciousness from experiencing symptoms like these. Some people are very afraid of going to hospitals or seeing doctors because they don't know how to explain what they are feeling or experiencing. If you are suffering from any of these symptoms it is important to seek professional help.

What I hope you take away from this is that a shamanic consultation can be very helpful in helping get to the root of what is happening. If an eating disorder arises for any reason it's important to seek out professional help.

After the consultation, you may find that you are so relieved that it will be easy to make healthy choices for yourself and live a normal life again. I have helped many people come to a place of self-love and peace. When this happens their body starts to heal itself and they stop making unhealthy lifestyle choices. This is why Native American Medicine can be considered a “disease cure” or “anti-disease vaccine.”

In traditional Native American medicine, there were 6 healing practices: the sweat lodge, the tea ceremony, herbal remedies, massage therapy, fasting, and abstinence from certain foods and behaviors. Traditional healers were not limited to the treatment of physical ailments; they also treated mental disorders like depression. A common belief that Western Medicine is superior to Native American medicine is false. The treatments used by Native Americans have been proven to be effective. Native American medicine is effective because it has been passed down by generations of healers who have used the knowledge for centuries.” Source: National

Museum of the American Indian.

Medicine Among Native Americans

Native American Medicine is distinct from medical systems found among other Amerindian groups. The healing practices amongst many Native tribes, like that of the Apache and Lakota Sioux, are based on an understanding of spiritual and ecological realities rather than modern scientific understanding. Throughout the United States, there are hundreds of thousands of people who practice traditional native medicine to some degree. The people who practice this system believe in a holistic approach to health and healing.

Indian doctors believed that physical, mental, and spiritual health were inseparable components of our beings, which depended on the balance of 2 forces in nature: light and dark. This concept was described as “2-into-one” medicine. It was believed that illness originated when one force was out of balance. Certain traditional practices were used to

restore balance, and to treat illness, including prayer, sweat lodges, and herbal remedies. These practices were also used to strengthen the immune system, and to keep diseases of the body in check. The Native American doctor also believed that illness resulted from an imbalance of emotions.

There were 5 means of re-establishing health and healing:

- Holy men who healed through prayer
- The sweat-lodge ceremony
- “Medicine songs,” chants that were sung over drums or flutes, treated physical ailments as well as emotional disorders by singing
- Wilderness fasting
- Herbal remedies and teas

Native American doctors used the following herbs for healing:

- Sage
- Catnip

- Valerian
- Yarrow
- Stinging nettle
- Mullein leaves
- Hawthorn leaves

The most common Native American medical practices involved herbal remedies. The plant most widely used was sage, which Native Americans used for a variety of illnesses and diseases, including snake bites, colds, coughs, and sore throats.

To treat diseases and physical pain, Native American doctors used poultices—ointments that were applied to the skin. Poultices were made up of a wide variety of herbs, including yarrow, which was thought to be good for treating wounds. Another poultice was made up of the inner bark of trees, such as mullein and laurel. This bark was a treatment for arthritis, fever, and skin diseases. Another poultice was made from the roots of black cherry bushes. This poultice was used to treat boils, sores, and infections in wounds.

Native American medicine has some similarities to Western medicine, but there are many differences. One of the biggest differences between these 2 systems is the way they are administered. In Native American healing, certain herbs are used to treat illnesses and diseases in the body. Herbal remedies and teas are also given to treat psychological disorders.

Chapter 6. Preparation and Dosage



Buying Herbal Medicine

This might be in culturally specific areas of a city or in areas with other medical stores nearby. They may be near stores that focus on New Age or equivalent practices. Wherever you find them, you should go through the stores and check the products before purchasing anything.

If you are purchasing your herbs in loose form (i.e., where you can actually tell that it's

a twig or berry or flower), then there are some things you want to look for.

The herbs should look like what they represent. Even dried, there shouldn't be a huge difference in color or texture. Whites will tend to change to cream colors as the petals dry, and reds/blues will get darker. But if you're expecting an orange flower and you receive a purple one or white one instead, it's probably not the right plant.

Following up on that, make sure the colors are bright. They shouldn't be dull or brown.

Herbs should smell like what they're supposed to. If you have an aromatic herb, you should be able to smell it, even in a dried form. If it smells like nothing or like grass, then it might not match.

While checking over the herbs, make sure everything in the container looks the same. If there are pieces that don't look like they belong, then they probably don't.

The herbs should be stored in the correct containers. They should be in dark glass jars or other containers where they won't be

exposed to light and air easily.

Make sure that any herbal supplements you purchase have the right labeling. Consider the labels on prescriptions: they tend to include things like the scientific name of the product, daily dosage, and the weight of each pill, warnings, and any additives. So, you want to look for the same on your herbal supplement bottles.

When looking for a reputable local source, ask local herbalists or doctors for recommendations. You can also look at the websites for different herbal practitioner organizations to see if they have any recommendations.

For online purchasing, you want to follow some of the key steps as above once you receive your purchase. Choose to buy things from reputable online shops.

Growing Herbs

You can grow your own herbs from seeds, cuttings of existing plants, root division, or simply by purchasing the plant from a reputable nursery. Some herbs need a lot of

space to grow, while others do well in pots. Herbs are divided by where they can grow, either in a kitchen garden, in a flower garden, or in larger areas. Most herbs you'll grow at home need about 8 hours of sunlight daily and well-draining soil. You can find out how to grow your particular herbs of choice by checking out their growing requirements online.

For example, rosemary, one of my favorite kitchen garden herbs, does really well in my gardening zone and loves full sun. It's placed on my back porch in a pot and gets as much sun as it needs. I water it once a week in spring and fall, but more often in the summer. However, the calendula plants in my flower garden really, really hate the summer in my area. So, I grow them, so they bloom in spring and fall instead of the summer. Because I know a lot about my garden zone and I know the requirements for rosemary and calendula, I'm able to make sure the plants are thriving.

You'll also need to choose the best time of year to harvest from your plant. Leaves can

be harvested right after they open, though be sure not to remove more than $\frac{1}{4}$ - $\frac{1}{3}$ of the plant's total leaves since they need them for their own survival. The leaves are harvested in the spring or summer, usually during a sunny day. Flowers can be harvested once they are in full bloom, usually during the first day of the bloom. Many flowers bloom in summer, so you'll harvest them then. The fall is the time for roots. Most plants whose roots will be harvested need to be alive for years (yes, years!) before they're harvested. So, if you want to harvest your dandelion roots, you'll need to leave them on your lawn for 4 years, give or take.

Once you've harvested from your plants, you'll need to determine how to store them. If you're going to use them quickly, then use them on the same day you harvest them. You can also store them in the freezer. But my preferred method for storing my kitchen garden herbs is to dry them. Find a dry, dark area in your house and dry your flowers and leaves there. Once all the moisture is gone from the plant (they should feel room

temperature, not cool or damp), store them in dark glass containers away from sunlight. And there you have it! Your first harvested herbs. They'll last dried for about a year and in the freezer for about 6 months. Otherwise, use them immediately after harvesting.

Preparation

Personal herbal medicine would be an herbal medicine, most probably a combination, that you could a hundred percent rely on for getting better whenever you got a fever again. With time you would feel so confident in that remedy that you would also recommend it to other people, people that you care about. This herbal medicine is not necessarily supposed to be made by you. Instead, it can be a remedy (a premade one) that you have always felt that it worked every time you used it.

Can You Make Herbal Medicines by Yourself?

If you haven't guessed it already, yes, you can! And the day you do so, it will change your life. How so? Well, first of all, you will

need a purpose to be making an herbal medicine; to use it as a cure. When you go through all the complicated stuff, which can be explained as the mixing process, you will have a result. This result may end up disappointing you in the end, but that will only mean that you have to try again to find a newer and better medicine.

Let's consider that you have the final result, and you just get in need of using it. After the successful use of a medicine that you made yourself, the feeling that you would feel right away will be priceless.

The next thing you will know is that you will be trying to make newer medicines due to the confidence in your last success, and you will find yourself constantly recommending your remedy to the people you think are in need of it.

Where to Get All the Herbs?

Most of the herbs can be grown in your kitchen garden very easily. It finally comes to the point that you have to be committed to this completely. If you are, you will find

yourself willing enough to plant little amounts of all of these herbs in small pots. You will also have to take responsibility for these herbs as well, so you will have to water them, take care of their fertilizers. Soon enough, this responsibility will turn into a love for those plants.

If, in any case, you don't find it easy to go through all the processes to produce herbal ingredients yourself, you can always go to the local superstore. There, you will find all the herbs you were looking for and some that you have never even heard about.

Fundamental Tools Needed to Make Herbal Medicines

In the old times, the people who were supposed to sell medicines and spices (basically all things related to herbs) to people were called apothecaries. These guys started wearing masks with pointy beaks and were called doctors in their times because that was what they mostly did for a living; sell medicines. Apothecaries were also supposed to make their merchandise

themselves, and although they are the professional ancestors of pharmacists, for whom the machinery has been changed for the good, the basic preparation tools were the same for both of them, and so will they be for you.

You would mostly need the following things to make herbal medicines of your own:

- Saucepans of various sizes
- Wooden spoons and spatulas
- Jars, tins, pots, and other containers
- Mortar and pestle
- Knives
- Scissors
- Tweezers
- Strainers

Techniques for the Domestic Herbalist

In this part, we will talk about something similar; how do domestic herbalists or simply, people at home, are supposed to

make medicines' doses for different types of herbs. The herb can be a bark (cinnamon), a bud (cardamom), powder (turmeric), a leaf (basil or mint), and etcetera. You may not notice this at first, but when I start the list, you will realize that every resultant form of medicine cannot be achieved from all of the herbs. The list is as follows:

- **Food medicines:** The simplest and the easiest way to eat herbal medicines are to involve them in dishes or simply, your regular everyday food. So if someone was supposed to take high amounts of mint, to wake up for more time, or to clean is a digestive system (because that is the benefit of mint), he can go straight up to get a mint margarita and down it as soon as possible.
- **Decoctions:** This is what you would call the way to take medicines of some things that are not chewable, such as bark or a stem. What an herbalist does is that he breaks the

herb into many small pieces, so it is almost as small as table salt, and then boils them in water. You keep on boiling them until the water level is decreased to a half or a third. What this process is doing is that it is extracting all the nutritional value of the herb into the water. The water is then taken as a dose.

- **Powders:** If the herbs can help, we dry up them and then ground them into fine grains, and then the medicine's dose can also be in the form of its powder. This is often the case where you combine 2 herbs, and their combination has both the parent characteristics. Interesting fact; besides eating an herb fresh from the leaf, this is the purest dose that one can get if it is suitable for the body.
- **Syrups:** Syrup is the type of dosage that is often used to disguise unpleasant herbs. For syrups to be made, first, the herb is supposed to

be converted into such a form that can be dissolved into an addable liquid. Both of them are then mixed, and you have a resultant that tastes disgusting. That is where the sweetener comes into action. It is used to make the syrup close to something that can be considered to be eaten, especially by kids.

- **Aromatic waters:** Sorry if I fooled you there. Aromatic waters are not necessarily supposed to be water, which is drinkable. These liquids are often low boiling point liquids that are supposed to produce various smells when given even the smallest of heats. Their dosage types are fumes that are supposed to be of the 2 things about to be explained:
 - ✓ Inhaled for their unique smell.
 - ✓ Inhaled for treatment of the respiratory system.
- **Ointments:** Ointments or balms are supposed to be herbal remedies'

dosages that are mostly applied to wounds, whether it is external or internal. They are known to work the best when applied to strained muscles. They can also be applied to recovering sprained joints.

Chapter 7. Common Problems



From the viewpoint of Native American people, physical, emotional, or spiritual trauma can lead to a variety of mental and emotional distresses, loss of soul, or loss of spiritual power—which leads to disease. The healer must use ritual and other methods of healing to return the soul and power to the patient. Sometimes diseases result from a break in the “rules for living.” In these cases, the patient receives cleansing and healing in

order to restart their lives in a traditional way. Healers and medicine men have several procedures available to them for diagnosing issues. The method of diagnosis varies from healer to healer, but generally, it will start with a discussion with the patient about their symptoms as well as their personal and family history. The healer will also use a variety of non-verbal cues that they learn through years of practice like posture, as well as medical divination. The most important part of diagnosing a patient is the intuition, sensitivity, and spiritual power of the healer.

It is important to note that when using any form of dowsing, especially when using crystals or a pendulum, the crystal itself is not doing the diagnosis or the healing. The energy of the Great Spirit and the medicine man that is working through and with the energy of the crystal or pendulum in order to help with the diagnosis of the patient.

When diagnosing, medicine men use their senses and intuition to assess a patient before choosing a remedy or therapy. Over years and practice, they are often able to assess the

patient's needs very quickly by watching for signs unknowingly transmitted by the patient, including the way that the patient sits, the eye contact, the feel of the skin, the quality of their breathing. The body relays various signals when it is unwell which can help to guide the medicine man towards the correct treatment.

Dowsing

Dowsing is a form of diagnosis used to detect physical and spiritual imbalance. Many Native Americans dowse using the feather from the wing of a predator bird, ideally an eagle. Eagle feathers are the most sacred of healing tools and only Native American medicine men are permitted to carry them. Federal rulings in the United States allow Native Americans to wear give or loan eagle feathers for religious and cultural purposes even though the bird itself is a protected species. Check the regulations in your area. Hawk feathers are also used and hawks are just one step below eagles in the hierarchy of animals.

For dowsing, one end of the feather is dressed with leather bands and tassels to give it the correct balance. The healer balances the dowsing feather gently on his forefinger parallel to the patient's body. The feather slowly passes along the meridian lines of the body, up the legs, up the arms, up the torso, over the head. The feather will remain balanced where there is no issue. If there is an imbalance in the body, then the feather will waver on the finger of the medicine man and will dip down towards the body in the area where the imbalance lies.

An imbalance may indicate tissue damage such as bruising or an internal problem. In such cases, dowsing can do no more than indicate the problem area and give the medicine man an idea of where to start investigating the background issue.

Drumming

Drumming is a common tool used in shamanic work or ceremony since the rhythm of the drum can cause a sense of altered consciousness in order to enter the spirit

world. In Native American healing, the resonance of the drum is used for its resonance in a similar manner to how dowsing is used. The healer beats as it passes along the skeletal lines of the body. The medicine man listens to the vibration of the drum and experienced healers can hear the difference in tone as different parts of the body are passed, indicating areas that should be explored further.

Drumming can also help to rebalance internal areas by providing resonance, which stimulates organ activity similar to the cupping movement used in massage in Western complementary therapy.

Pendulum

Using a pendulum is another way to help the healer to determine which area(s) of the body need more attention. A healer will create a pendulum by attaching an object, sometimes a metal object that belongs to the patient or a crystal, on a thread or rope, and moving slowly along the patient's body. An experienced healer will be able to determine

which areas require further investigation based on how the pendulum moves.

Another way of using a pendulum is to ask yes/no questions. The pendulum will be able to divine the answer and will, for example, swing back and forth for yes or swing in a circle for no. This type of divination helps to determine the origin of the patient's problem and determines whether a specific remedy will work for the patient or not.

Crystals

Healers use crystals for their healing properties. Before using crystals, the healer will purify them because crystals can hold energies that they meet. Dowsing with an eagle feather as described above can be used to determine if a crystal needs to be purified—when passing an eagle feather over the crystal if it rises then the crystal is clean and can be used, if it dips then the crystal contains negative energy and must be purified. The preferred method of purifying crystals is to smudge them with sage and then place them in spring water and finally dry them under the

light of a full moon.

One of the most honored crystals in many Native American cultures in the southwest regions of the United States is turquoise, which possesses hidden truth and causes those holding it to speak the truth.

Dream Analysis

Diagnosis of a patient often includes the analysis of their dreams. Dreams can provide people with insight into their issues, or even visions of the future. In Native American cultures, dreams are highly regarded, and when people are asleep, they are able to speak directly with the Great Spirit or speak with their ancestors without all the distractions of daily life. The medicine man will often ask the patient what they have seen in their dreams while feeling unwell, or sometimes he will ask the Great Spirit to come to him in his dreams regarding an ailment with which they are helping a patient.

Ignoring dreams were said to be madness and destined to result in disaster since it went against the wishes of the gods.

There are people in the community trained in interpreting dreams, who provide that service to the community. An important part of dream analysis is dream sharing, where a person will tell others about their dream, and the dream interpreter will explain all of the parts of the dream so that all understand the deeper meaning of the dream.

Many nations regard dreams very highly, including the Iroquois. The dreams would guide all parts of life, from hunting, to marriage, and even to battle. If one of the members of the clan has a dream about failure on the night before a battle, then the entire army will forfeit the battle and not fight because they will be destined to lose the battle.

There is a story about Chief Completer of the Seneca Iroquois. One night, he had a dream that he could not interpret. He told others about his dream, and they interpreted it as meaning that he needed to change his name and give up his chieftainship. He immediately gave up his chieftainship and never regretted the decision, since the Great Spirit mandated

it.

Some dream rituals involve fasting for up to 30 days in the hope of having a very powerful dream during a festival. The Iroquois people would wear wooden masks during the ceremony, meant to invoke the dream world.

BOOK 4: REMEDIES



Introduction

Native American herbalism is the treatment of disease by herbal medicine or plant-based medicines. It has been practiced in different ways for thousands of years, especially by indigenous peoples in the Americas.

Here are some helpful tips to best prepare yourself for this wonderful, holistic treatment:

1. Find an herbalist in your area with experience using herbs to help treat various ailments and diseases. Search online or ask around in your community to find one that you feel most comfortable with.
2. If you have a particular illness or disease, you can bring a sample to the herbalist so they can see what the specific cause is and what type of treatment they suggest. Make sure to mention any medications you are taking, health issues you have, and when your symptoms

started.

3. Be respectful. Remember that these people are experts when it comes to natural remedies and healing techniques. You will learn a lot from them that you will be able to apply in your own life (and help prevent future illnesses!).
4. Follow their treatment recommendations. If they recommend a certain type of tea for your specific ailment, make sure to drink enough of it to make a difference. You may be given a homeopathic or herbal medicine for your illness as well, which you will need to take again and again for the duration of the illness.
5. Get familiar with some herbs that are used in many Native American herbalism recipes. For example, oftentimes herbs like cayenne, ginger, and garlic are used to improve digestion.
6. Be proactive! Native American herbalism is not a cure for an illness.

It is meant to help you maintain your health and prevent you from getting sick in the first place. If you do feel sick after using these herbs or if your ailment gets worse, be sure to seek medical attention.

7. Be open and willing to learn and experience new things! If you want to continue seeing the herbalist periodically, you can choose to purchase their services as homeopathic or herbal medicine. This is very affordable and helps with your wellness as well as the environment.
8. Be mindful of how you feel after using the herbs. Some people do not feel a difference after taking a plant-based medicine because their illness or ailment is so advanced. But if you do seem to start feeling better, rest assured that these remedies have been working!

Native American herbalism does not only extend to the Americas! In fact, many other

cultures use natural remedies for illnesses and diseases as well. Helping people get well is why many other herbalists are trying to bring back the old methods of healing using plants.

Herbs are just as powerful today, but they are being used in other ways that have not been discovered yet. This brings back the importance of plant-based medicine, which is why many people are feeling so grateful for it. Bringing awareness to this simple form of healing has brought all over the world to take notice.

In conclusion, I hope that you have enjoyed this book about Native American herbalism from a Native American herbalist.

Chapter 1. Health Benefits and Healing Properties



Native American Herbs are one of the most amazing things because they are so potent. Here, we will talk about safety tips and how people abuse herbs.

Native Americans have always been a culture that used herbal medicine to heal themselves and their family members. There are different types of herbs that can be used for many different purposes, such as using peppermint

to heal an upset stomach or cedar for a sore chest. One type of herb is tobacco, which has been used for various purposes throughout Native American culture; it can be smoked, chewed, or even just held in your hand by smelling it.

In the past, Native Americans were often poor and did not have the resources to buy quality or even effective herbs, but that doesn't mean they had no idea of what herbs could be used for medicinal purposes. Many herbs grow wild on Native American reservations; these are often used for various purposes, such as cleansing or purifying.

Native American culture has been around a long time, and it is possible that they knew the healing properties of plants long before Europeans ever discovered them.

As European settlers came to America searching for new land for new crops (and more land for their personal use), they learned about medicinal plants. Still, most of this was simply folklore passed down from generation to generation.

Abuse of Native American Herbs

It is common for people to abuse herbs for their own personal gain or try and “self-treat” through them. Thankfully, most of these people are quickly caught because many customs and laws stem from native cultures all over the country.

If you have been believing in Native American herbal remedies but have wanted to know more about what these people were doing, then it may be time to read a book or 2 on the subject. You will be surprised how much information is out there, and most of it is easily available. You can easily find books on just about any topic that you are interested in.

The first thing that you should realize is that these types of herbs are really dangerous when used incorrectly or improperly.

Using them incorrectly will lead to serious health and even death.

The way you consume these herbs is very

important, and they should be done in ways that were natural to the people who were using them.

If you happen to find some of these old recipes, make sure and check the ingredients for yourself to be sure that they are safe. Most of these herbs have been studied for hundreds of years, and a great majority of them are completely safe when used in the right way.

The first thing you should do before starting any type of research project is to look around your house. You will want to find pages from magazines or books from medical journals. You can easily find many things related to this topic when they are kept in an old book or magazine somewhere in your home. If you happen to come across old magazines or medical journals, it is probably best to keep them for your reference. You can easily check on them when you are trying to complete different assignments.

When looking for information relating to Native American herbal remedies, you should always be careful of what information you use because there are so many different

“facts” out there; the next time you are looking for information on these types of herbs, make sure and do your homework beforehand because this will improve your grades immensely and help keep your body safe when working with any type of herb from this culture.

However, if you happen to be someone who has been severely injured or have been diagnosed with a disease that you cannot seem to get rid of through modern medicine, these remedies as well. After all, they have helped people in the past, so why not go with it?

When you become a parent, it is important to take care of your baby. You want to get everything done in the best way possible and protect their health as much as possible. However, with all that modern medicine offers, there's also a lot of things we sometimes don't consider, including natural remedies.

In recent years, herbal remedies have become increasingly popular with parents and pediatricians alike. In theory, herbal remedies

like herbs, teas, and tinctures are often more natural than pharmaceutical medications.

Native Americans had the wisdom to create natural remedies from their resources. They were used for hundreds, even thousands of years before modern medicine has been introduced to them. However, due to the colonization and forced evolution of some tribes, which included relocating them to reservations, western civilization has limited their traditional knowledge about herbs and natural remedies that existed among Native American tribes. It wasn't until recently that some people have begun to share knowledge about such remedies with the world.

They used a variety of herbs for spiritual, nutritional, cosmetic, and medical purposes. They also used them for spirituality. They believed that herbs were essential to a physical being, but they can also enhance their body and soul and have a direct connection with God.

They used hundreds of medicinal plants and roots to heal their wounds, treat various illnesses, and remedy infections. Most of

those things were discovered by trial and error or passed down through generations.

Other tribal herbs were for spiritual purposes and served as a means to connect with the Creator. They believed in the belief that all plants, animals, trees possess spiritual characteristics. They also believed that everything has life force energy associated with it. Therefore, when they used their herbal remedies and applied them to themselves or others, they dedicated it to a higher purpose or will and called on the spirits to do their work utilizing those herbs.

This guide will also go over everything you need to know about essential oils, their benefits, tips for applying them appropriately, and other facts that will help you make intelligent choices before making one. Suppose you have ever been curious about trying natural treatments for common ailments like headaches or anxiety and are unsure where to start. This will provide a comprehensive overview of what essential oils are in general to help you decide before embarking on your new journey.

It is important to remember when using essential oils is always to follow instructions provided by the recommended carrier oils or dilution methods. It will help you prevent any potential problems with your safety.

Use this guide to find a remedy for your child to get a healthy and happy life. There is a lot of research to find out the herbs that are the best to use to get healthy. The health of your child is important. You should pay attention to it and make changes that will improve it. Make necessary changes like going to see a doctor and taking medicine. This will help you to find a natural herb that can solve the problems your child has.

Many herbs work well in curing the diseases of children. The health of your children is important since they take time and effort to look good and healthy. You have certain rights in caring for their health and making them restore it to the best possible levels.

- **The bodies of children are unique, and their growth rate is much higher than that of adults.** Children process herbs and medications

differently than grown-ups but using herbs for children's health can be very useful and safer than pharmaceuticals. The use of natural remedies for kids often removes the need for drugs and antibiotics that have unwanted side effects. Check with your health care provider before applying herbal interventions for your child as every situation is different.

- **Prepare some herbs, vitamin-rich soups, and tasty snacks that offer health benefits.** You can use herbs for first aid to simple common afflictions of children. For example, belly aches, teething, diaper rash, and minor cuts and bruises.
- **Herbs can help to restore wellness and support healing if your child needs therapies.** Children are more sensitive to any substance, including herbs and conventional medicine. Try making a liquid form of herbal preparation, such as syrup or tea when creating herbal formulas for children.

Put a small amount to your child's arm at the elbow. Observe and see if there is any rash or redness. If not, use the herb as desired. Put your herbal and conventional medicines out of reach of children and in child-proof containers.

Methods for Administering Herbs to Children

Herbal Popsicles

These are terrific treats and provide fluids to soothe bellies and cool sore throats. Children easily dehydrate when they get sick; they may not want to drink but often taste herbal pops.

Call your health care provider instantly if your child shows signs of dehydration, urinating less, sunken eyes, repeated vomiting, diarrhea, or tenting of skin. Dehydration can be dangerous for a small child.

Soothe Them on Suds

You can give your child an herbal bath. The herbs are immediately absorbed since their skin is soft.

The child also benefits from the soothing qualities of herbal baths. They are great for restless children, those with stuffy heads, and kids who itch.

Herbal baths can also reduce fever. Often, you will find sick children become calm and get the sleep needed to restore their natural vitality after having an herbal bath.

Syrup

Herbal syrups are tasty. They are also soothing and easy to make. They disguise the taste of bitter herbs.

Salves and Creams

Rub on salves and creams. These provide protective barriers that help wound to heal.

Extracts and Tinctures

Dissolve the herbs using glycerin as the liquid. It is effective and tastes sweet. These are not as strong as those extracted by alcohol, but the children's bodies respond

well anyway.

Candy

Prepare herbal candies. They may be used regularly with herbs rich in minerals and vitamins or to improve acute conditions.

Herbal Medicine Dosages for Children

Herbal medicine works differently than pharmaceuticals.

Herbs are not harmful drugs, but caution is always necessary. Always analyze your herb guides to be sure of the right amount, and constantly use herbs that are safe and don't have a toxic dosage you need to remember.

The herbs for children are extremely safe. Excluding an allergic reaction as long as you are using the correct herbs, safety is one of the major benefits of using herbs to keep your children well. The following is a suggested guide, not a hard and fast rule.

Why You Should Use Native American Medicine

Native Americans used leafy vegetables and mashed pumpkins or other materials as poultices. The poultice is placed on the wound or inflammation to relieve pain, increase blood circulation, and draw out the pus in case of abscess wounds.

Herbal medicine has been reintroduced in various ways in the form of alternative medicine. This includes aromatherapy, acupuncture, herbal treatment, and other forms of alternative medicine. Herbal treatment seeks to heal people of common illnesses and other health conditions using herbal remedies, which can be in the form of supplements, tea ingredients, oils, and powdered ingredients. There are clinical herbalists who supply Native American herbs that treat health conditions like arthritis, skin problems, asthma, broken bones, hormonal problems, and many other ailments. However, for the herbs to become effective, they have to be taken in the right dosage and combined as recommended. They should also be obtained from controlled sources that ensure quality.

Western medical treatments that use prescription drugs and medical procedures like surgery have successfully treated various medical conditions. Unfortunately, the side effects are unpleasant. Some people turn to herbal remedies to relieve the side effects. Aromatherapy changes the individual's moods by smelling the scents. This enhances the body, mind, and spirit. Different materials are used, such as oils, leaves, flowers, and candles. The different scents have different effects on the individual. Take, for example, lavender. It is known to relieve asthma, bronchitis, and other respiratory problems while it bringing peace and balance to the individual. Basil stimulates the brain. Some of the aromas used are very refreshing to the body, mind, and spirit.

Alternative medicine has awakened the Native American beliefs and practices by offering help in the form of natural remedies and beliefs that aim to restore balance on the physical, mental, emotions, and spirituality as intended in the American culture. Alternative medicine based on Native American

medicine has become so popular that people are searching for it. People who have chronic ailments are looking for solutions to end their suffering, and Native American medicine is offering hope for these individuals where western medicine has been unable to help them cope with the chronic ailments and the side effects caused by conservative treatments. Some people are even using these natural herbal remedies to prevent illnesses and diseases by becoming more proactive. Americans natives and non-natives are searching for ways to cure illnesses and diseases with fewer side-effects and less resistance and addiction with the hope of feeling better, and this lies in Native American medicine, making it gain popularity. Furthermore, some forms of conservative treatments like chemotherapy and radiotherapy are stressful and depressing to the patients and their families. Herbal remedies are not as stressful and depressing because they aim to create a balance in the individual and harmonize them with the people around them and with nature.

Some ingredients in manufactured products are the same as the ones used by the natives. In fact, natives have significantly contributed towards health knowledge since many pharmaceutical drugs like aspirin, morphine, quinine, cough syrups, and others contain ingredients derived from nature. Many of these ingredients originated from Native American cultures and have made a breakthrough today.

The science of distilling and extracting phytochemicals from plants has been perfecting techniques and tools since the dawn of time. Alembics, chemical extractions, and industrial maceration processes are way too much diffused in the pharmaceutical (and in the herbal) industry nowadays.

Chapter 2. Herbal Remedies



Addiction Recovery Support

To help cleanse the liver, you can take a decoction of milk thistle seeds. To make a decoction, place 3 g. milk thistle seeds and 150 ml water in a saucepan. You can take the

remedy 2–3 times a day.

ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a mental health disorder characterized by excessive hyperactivity and impulsive behavior. People with ADHD can often struggle to concentrate on a single task or sit still for extended periods. ADHD can affect both adults and children.

Natural remedy: Ginseng.

How to consume: Ginseng extract.

Recommended dosage: 400 mg. ginseng extract in water.

Recommended dosage time: 12 weeks.

How to prepare ginseng extract:

Ingredients

- Fresh or dried ginseng root
- 1 cup boiling water
- Vegetable glycerin

Directions

1. Cover the herbal material with a

mixture of water and at least 55% of glycerin.

2. Combine very well. Put on a lid and let it macerate in a dark, cool place for 4–6 weeks.
3. Strain and store in the fridge.

Alzheimer's Disease, Dementia, and Memory Loss

To help support your memory and concentration, you can take ginkgo tablets for 3 months at least. Alternatively, you can take Gout kola tablets; however, ginkgo tablets are easily sourced through most herbal stores.

You can also mix 5 drops of ginkgo essential oil with olive oil and apply to your wrists as aromatherapy. Alternatively, you can burn the essential oil on an oil burner. The essential oils that help are rosemary and lavender.

Arthritis

For arthritis, the first remedy is a change in diet. If you remove acidic foods like tomatoes and oranges (but no lemon), it can help with inflammation.

An herbal remedy for arthritis is to drink lemon juice. Using 1 lemon, squeeze out the juice and drink it either plain or diluted with water. Drink it every morning.

Rheumatoid arthritis and osteoarthritis are the 2 forms of arthritis. Rheumatoid arthritis (RA) is an inflammatory disease in which the body perceives itself as the enemy.

Degenerative condition. As we age, many of us develop this form of arthritis. It happens as the joints deteriorate over time. It usually begins in the joints of the hands and feet, but it can gradually spread to the larger joints of the body. Pressure and stiffness can be caused by both rheumatoid arthritis and osteoarthritis.

Natural remedy: Black Cohosh.

How to consume: Quick analgesic arthritis

tea.

Recommended dosage: Take $\frac{1}{3}$ of the mixture 3 times daily.

Recommended dosage time: Should be avoided in large doses.

How to prepare quick analgesic arthritis tea:

Ingredients

- 90 drops mullein tincture
- 25 drops black cohosh tincture
- 90 drops wild cherry bark tincture
- 1 cup warm water

Directions

1. Combine the herbs mentioned above in a glass container and cover with water.
2. Should be taken $\frac{1}{3}$ of the mixture 3 times a day.
3. Any time of the day

Athlete's Foot

The first remedy for the athlete's foot is to make a compress of comfrey. To make a poultice, use fresh comfrey, if possible, though dry can also work. You should have enough herbs to cover the infected areas of your feet. Place the herb in a pot and simmer for 2 minutes without added liquid. Remove from heat, squeeze out any extra liquid, and apply oil to your skin. Then place the hot herb on the affected area and cover it with gauze. Leave on for 1–2 hours every day. Because comfrey is a fast-healing herb, do not use it on broken skin or open wounds.

Alternatively, you can apply $\frac{1}{2}$ of a crushed garlic clove to your feet 2–3 times a day. Garlic is both antifungal and antiseptic, so it will help to clear out the fungus.

Finally, you can mix an ointment using 15 ml calendula ointment and $\frac{1}{2}$ tsp. turmeric powder.

Back Pain

Several antioxidants, anti-inflammatory, and even anti-cancer agents might build up in the blood as you consistently eat anti-inflammatory foods. Over time, such potent agents can significantly decrease and prevent inflammatory reactions in the body.

Tart cherry juice: Cherries are high in antioxidants and anti-inflammatory drugs. Cherry juice may help alleviate chronic or exercise-induced body pain. Cherry juice is widely accessible for purchase in food stores and includes tart cherry extract. Try to regularly consume a cup of cherry juice and see whether it has a beneficial impact on back pain recovery.

There are further herbal treatments, including *Boswellia* and willow bark, for pain relief. The foundation of American pain often lists these herbs: ginseng for fibromyalgia, kava for migraine with tension and neuropathic discomfort, St. John's wort for sciatica, inflammation, and neuropathic suffering, valerian root for spasms and muscle cramps.

It may be a dull ache or an intense burning and stabbing sensation. Back pain is often followed by discomfort that radiates down your leg. This is known as sciatica, and it indicates that pressure is being applied to the spinal cord's nerves. It is mainly relieved by relaxing the back muscles.

Natural remedy: Ginger.

How to consume: Warming compress.

Recommended dosage: Anytime.

Recommended dosage time: Anytime.

How to prepare warming compress:

Ingredients

- 16 fl. oz. water
- ½ cup dried ginger
- ¼ cup Epsom salts

Directions

1. Mix all the ingredients in a small pot with a tight-fitting lid over high heat. Put to a boil, covered.
2. Reduce the heat to low and continue

to cook for 6 minutes.

3. Fill a hot water bottle in the meantime.
4. Soak a cloth in hot tea, keeping it in a dry spot and allowing it to cool in the air until hot yet easy to touch.
5. Lie down and place a damp cloth over your back. Place a dry cloth on top and place the hot water bottle on top.
6. Get relaxed and wait 20 minutes for it to take effect. You should experience comfort, relaxation, and pain relief.
7. Best time of the day to consume it: Anytime is needed.

Biliary Ailments Annual Nettle

Along with dandelion and chicory, annual nettle is the quintessential home remedy for stomach problems or diseases, especially those with biliary characteristics. The good news is that there is a plant-based home remedy, very effective for treating both these ailments and biliary conditions. A tsp. full of annual nettle is placed in a standard-sized bowl to create this annual nettle cure. The last 2 steps are: add hot water to the bowl where the annual nettle rests; let it rest for 2 minutes, and filter it. The recommendation is to drink it by sips without these, in sum, exceeding 3 cups a day.

Bladder Infection

A urinary tract infection is a form of a bladder infection (UTI). This term refers to an infection in every part of the urinary tract, including the bladder, kidneys, ureters, and urethra. The majority of bladder infections are acute, meaning they happen all of a sudden. In some cases, may be chronic, which means they reoccur over time.

Natural remedy: Cranberry.

How to consume: Cranberry juice.

Recommended dosage: 1 l. daily.

Recommended dosage time: Depending on the level of the bladder infection.

How to prepare cranberry juice:

Ingredients

- ½ cup lemon juice
- ½ cup orange juice
- 1 cup sugar
- 2 quarts water
- 8 cups fresh cranberries

Directions

1. Cook cranberries in water for 20 minutes.
2. Press the mixture through a fine sieve with a spoon; discard the berries.
3. In the same pan, reintroduce the cranberry juice.
4. Combine the sugar, lemon juice, and orange juice.
5. Cook, stirring regularly until all of the sugar has melted.
6. Take the pan off the heat.
7. Transfer to a pitcher, cover, and refrigerate until chilled.

Bloating and Indigestion

For bloating, you can make an infusion of German chamomile. To prepare the infusion, add 1 tsp. dried chamomile flowers to 250 ml water. This is 1 dose. Make the infusion like tea, with the flowers in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweetener or honey if you need to. You can drink up to 750 ml a day.

Another remedy for bloating is to reduce your fatty food and acidic food intake.

You can also make an infusion of cardamom. To prepare the infusion, add 2 crushed cardamom pods and seeds to 150 ml water. This is 1 dose. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Drink up to 750 ml a day. Feel free to add sweetener or honey if you need to.

An infusion of peppermint is another remedy. This remedy shouldn't be given to children

under the age of 5. To prepare the infusion, use 1 tsp. dried or 2 tsps. fresh peppermint leaves to 250 ml water. This is 1 dose. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweetener or honey if you need to. You can drink up to 750 ml a day.

Bruises

For bruises, apply distilled witch hazel (which can be found in a pharmacy) to the affected area 2–3 times a day. You can follow this up by applying arnica ointment to the bruises.

Alternatively, you can apply an ointment of comfrey to the affected area. Apply the ointment 2–3 times a day, but never on broken skin.

Candidiasis

To treat candidiasis, you can make an infusion of thyme, elderflower, and calendula. Drink 300–450 ml the infusion daily. To prepare a pot of the infusion, use 8 g. each herb. Add them to a warmed teapot. Pour 750 ml boiling water into the pot. Infuse for 10 minutes, then pour some out into a cup, but don't exceed the dosage measurements. You can store the extra infusion in the fridge for up to 24 hours.

Celiac Disease

Celiac disease, also known as celiac sprue or gluten-sensitive enteropathy, is an allergic response to the protein gluten present in wheat, barley, and rye. Consuming gluten causes an allergic reaction in the small intestine if you have celiac disease.

Natural remedy: Goldenseal.

How to consume: Goldenseal tincture.

Recommended dosage: 2 ml in 2 oz. water or juice is the recommended dosage 3–5 times a day.

Recommended dosage time: None.

How to prepare goldenseal tincture:

Ingredients

- 4 tbsp. dried goldenseal
- 4 glasses of vodka

Directions

1. Mix and set aside in a dark place for 2 weeks.

2. The tincture is ready after straining.
3. Best time of the day to consume it:
After your meals.

Chapped Lips

For chapped lips, you can make a lip balm out of calendula. To make a lip balm from calendula, you should place 100 g. powdered calendula petals in a large glass bowl placed over boiling water in a saucepan (like a double boiler, but with a glass container on top). To the herbs, add 140 g. coconut oil and 120 g. beeswax. Simmer gently for 90 minutes, stirring frequently. While the mixture is still hot, you'll want to (carefully!) pour the mixture into a jug with a jelly bag or cheesecloth attached. Strain out the herbs, allowing the liquid to pass through. Squeeze out excess liquid again while it's still hot. Once all the liquid is out, pour the mixture into storage containers. Once the mixture cools, tighten the lids and place the jars in your storage area. They'll last for 3 months.

Constipation

Constipation is described as passing or getting less than 3 bowel movements per week by stiff, dry stool. Constipation, one of the most prevalent intestinal complaints, affects most individuals at any stage in their lives.

Some individuals develop short-term constipation related to sudden adjustments in lifestyle, stress, travel, or surgery, whereas others have permanent (persistent for many weeks or longer) constipation.

If you have persistent constipation, you undoubtedly recognize how your life's quality will be significantly impacted by it.

It is more frequent in women and people over the age of 65. While constipation can impact anybody, it also appears to arise during pregnancy or after delivery. It can be the product of an underlying disorder or side effects of drugs (like opioid pain medication).

Stimulant Laxatives

Stimulant laxatives, also called anthraquinone

laxatives, are many natural laxatives and “dieter's teas.” They include herbs like cascara sagrada, aloe, rhubarb, senna tea, senna, buckthorn.

Any of these herbs, including senna, are licensed as over-the-counter constipation therapies. People can become reliant on them and use them for weeks, months, and years at a time in an attempt to get a regular bowel movement, while they are intended for being short-term treatments.

Before using herbal laxatives, it is essential to speak with the primary care physician. They cannot be taken for more than a week because they are under medical supervision.

Prolonged usage can cause the bowels to lose the freedom to navigate independently and has been correlated with persistent diarrhea, liver toxicity, muscle weakness, potassium deficiency, cardiac function disorders, and failure of the kidney or liver.

It is painful and may cause life unpleasant. You want instant relief when you are feeling weighed down and bloated. To ease

constipation, you might be willing to use herbal cures.

Constipation is described as having less than 3 weekly bowel movements. It can be recurrent, or it can occur rarely. Certain signs include hard stuffed stools, exertion to do a bowel movement, feeling as if you're "blocked" or will not empty your intestines, the need for assistance to empty your rectum, Pain in the abdomen, nausea, puffiness.

Seeking herbal remedies against constipation is relatively simple. In reality, several laxatives that are over the counter contain herbal ingredients. Anthraquinones, or compounds with a stimulant impact on the intestines, are found in most laxative herbs. By pulling fluid into the colon and growing peristalsis, these laxatives perform. Peristalsis is the intestine contraction, helping to transfer liquid to the rectum from the colon and when constipated, incorporating fiber and fluids is necessary.

Buckthorn (Cascara Sagrada)

This is a common herbal laxative from a

species of the buckthorn tree's bark extract. This extract functions by irritating the colon to facilitate bowel movements. Short-term usage usually is well accepted, although stomach discomfort or electrolyte deficiency can be induced. Long-term use can lead to liver injuries varying from moderate to severe liver failure.

Psyllium

A part of the genus of plantain plants, psyllium, is the laxative of natural fiber that helps generate bulk stools. Psyllium is sometimes used and paired with other natural and synthetic laxatives to prevent persistent constipation. Such side effects can be induced by it, like allergic reaction, tiredness, nausea, stomach pain, and vomiting.

Cough

Various forms of cough have different causes, so it can help determine the kind of cough people have to know which remedy works best.

Dry coughs and tickly coughs are commonly triggered in the back of the mouth by dryness or irritation, so it is a safe idea to get something that can soothe the throat. External causes like allergy, dust, smoke, and conditions such as asthma may also cause them.

Chesty coughs are triggered by extra mucus, so it would be beneficial with something that will remove, reduce, or slim this mucus. Colds, flu, and other upper respiratory illnesses also follow certain forms of cough.

- **Pine:** Pine is an excellent herb for relieving coughs. Bronchos cough syrup includes pine to help alleviate dry and aggravated coughs, along with honey.
- **Lemon and honey:** This home

remedy, traditionally used to alleviate a sore throat, is especially beneficial for rough, tickly coughs. The sticky, thick honey soothes the throat and helps to leave behind a defensive coat.

- **Thyme:** It is widely used in the form of tea and other valuable herbs like ivy, star anise oil, and eucalyptus oil; it is also found in the Broncho force cure. These ingredients together help loosen and reduce mucus, rendering this an excellent treatment for chesty coughs.
- **Marshmallow root:** It is a plant used to remedy coughs and sore throats with a long tradition of use. Due to its strong mucilage content, the herb may relieve discomfort arising from coughing.

One little research showed that coupled with thyme and ivy, an herbal cough syrup, including marshmallow root, successfully

cured coughs of the respiratory tract's common colds and infections. 90% of the participants graded their efficacy as excellent or good after 12 days of having the syrup.

Often available as the dried herb/bagged tea is the marshmallow root. Either apply hot water to it and drink it then instantly or first allow it to cool. The more the core of the marshmallow steeps inside water, the more mucilage in the drink would be.

Side effects may involve an upset stomach, although consuming more water could counter this.

- **Slippery elm:** To cure coughing and stomach disorders, Native Americans historically utilized slippery elm bark. As it includes a large amount of mucilage, which tends to soothe the cough and sore throat, Slippery Elm is comparable to the marshmallow root.

Add dried herb 1 tsp. to a cup of warm water to create slippery elm tea. Steep for 10 minutes before alcohol, at least. It

is important to note that the absorption of the medication may interfere with the Slippery Elm.

- **Mullein:** This herb has calming properties and has been widely used since ancient Greece to relieve coughs and inflammation.

Depression

Many people feel sad or low for a few weeks after a significant event like the death of a loved one. This is natural and usually passes over time. Depression is different; it feels more intense and lasts much longer and can affect how you eat, sleep, work, study, play, socialize, and generally enjoy life.

Depression has many possible causes, including lifelong struggles with mental health or even physical illnesses like diabetes or cancer treatment side effects, leading to depression-like symptoms.

Some medications, such as steroids, some painkillers, and some antibiotics can also trigger depression.

To help them control their illness and feel healthier, certain persons with depression choose non-drug interventions. For milder symptoms of depression, natural therapies and herbal remedies can be promising.

Depression is a chronic mood condition with signs varying from moderate to crippling and

likely life-threatening.

Saffron: It is a spice from a dried part of a crocus in the iris's family, an herb. According to an Alternative Medicine report, it successfully manages mild to moderate depression by taking saffron stigma.

Natural food retailers can advertise herbs and supplements as being able to relieve depression. However, some of these approaches have not been proven to successfully manage depression, according to a study reported in Psych Advances.

This included the herbs below: *Crataegus Oxyacantha* (Hawthorn), *Ginkgo Biloba*, *Eschscholzia California* (California Poppy), *Lavandula Angustifolia* (Lavender), *Melissa Officinalis* (Lemon Balm), *Matricaria Requite*. (Chamomile), *Passiflora Incarnate* (Maypop, or Purple Passionflower), *Valerian Officinalis* (Valerian), *Piper mephitic*.

Diarrhea

Diarrhea is the sudden uncontrolled passage of watery stool from the rectum. In most cases, diarrhea lasts for less than 24 hours and causes no complications.

The cause can be viral, bacterial, or parasitic in origin and may be a side effect of antibiotics or chemotherapy. Diarrhea can also arise due to such conditions as amoebic dysentery, giardiasis, food poisoning, colitis, inflammatory bowel disease, or irritable bowel syndrome.

- It usually lasts less than 24 hours.
- It is the passing of a watery stool from the rectum.
- It is also called loose motion.

There are many causes of diarrhea, and some common ones include viral infections, bacterial and parasitic infections, food poisoning, chemotherapy treatment, medications like antibiotics, etc.

Some common symptoms associated with

diarrhea include severe watery bowel movements, abdominal cramping, and pain, bloating, nausea, vomiting, etc.

Home remedies for diarrhea are to follow a healthy diet with high-fiber content, plenty of fluids, and a small number of salts such as pickle juice or ginger (ginger tea) to help settle an upset stomach.

- Herbal medicines may also be prescribed for the treatment of diarrhea.
- For acute diarrhea, it is essential to stay hydrated and replenish electrolytes.

If the diarrhea is severe or lasts longer than 3 days, or if there are other symptoms like blood in your stools and abdominal pain, foul-smelling stools, and vomiting along with diarrhea.

The medications that work best for acute diarrhea are Imodium AD and Pepto Bismol, which can be taken for about 3 days at regular intervals as needed or directed by a

doctor. Diarrhea is caused more often than not by slight bouts of food-borne disease or food poisoning. Often, certain viruses can cause moderate diarrhea.

Other diarrhea sources involve consuming so much food, such as fresh fruit, eating things that you are resistant to or intolerant to, such as milk products, or developing gastrointestinal problems, like colitis and irritable bowel syndrome.

If the large intestine and colon require food waste to flow quickly, it does not retain moisture and nutrients. The colon will often also take water from the body to get rid of excess feces in a rush. Either will leave them dehydrated and with vital nutrients missing.

Astringent Herbs

Astringent herbs like blackberry leaf or raspberry leaf help to “dry up” the intestinal mucous membranes. They are using one heaping tsp., each cup. Drink around half a cup every hour. During pregnancy, there is some debate about using these teas.

- Carob powder may be disintegrated

into a commercial replenishing drink (hydrating electrolyte) rich in fiber. Until guided to do so by the doctor, do not offer a carob to children.

- Bilberry extract (*Vaccinium Myrtillus*) has an astringent characteristic, too. If one takes anticoagulants (blood thinners), do not use bilberry. Bilberry may also theoretically connect for drugs for diabetes.
- Agrimony is a traditional diarrhea treatment. Agrimony can have a thinning impact on your blood and may increase your blood pressure. If you are dealing with these health problems, talk to your doctor before taking agricultural medicine.

Inflammation Reducers

A plant-based flavonoid, Quercetin, can help reduce inflammation.

- Chamomile (*Matricaria Recutita*) is

typically taken as tea. For people who are allergic to ragweed, chamomile can interact with hormone drugs and can cause reactions.

- You should take marshmallow root (*Althea officinalis*) as a cold-water drink. Just absorb some root overnight in 1 quart of water. Strain. Drink the mixture throughout the day. Marshmallows can interact with some medications, like lithium, that are taken by mouth. The intestines can be soothed by *Ulmus fulva* (Slippery Elm powder) or *Althaea Officinalis* (Marshmallow root powder). With the powder and a smaller amount, make a paste. Add in the remainder of the water gradually, and then simmer down to one pint. Slippery Elm has a famous reputation for promoting miscarriage. It can mess with some drugs.

Infection Fighters

Berberine-containing plants can assist in treating infectious diarrhea. This includes barberry (*Berberis Vulgaris*), *Hydrastis Canadensis* (Goldenseal), and *Berberis Aquifolium* (Oregon Grape).

Bulk-Forming Agent

Psyllium can help treat diarrhea, a soluble fiber from the husks of seeds of *Plantago ovata*. It's a bulk-forming agent that tends to feces, sucking up water in the colon, for a high-water volume, taking psyllium. Until psyllium is taken, patients with inflammatory bowel disease should appeal to their physicians. Be mindful that while doctors can aid with diarrhea with fiber agents such as psyllium, they are most widely used to treat constipation as a laxative. Before using psyllium for curing diarrhea, talk to your doctor.

Homeopathy

Some research shows that diarrhea may be aided by homeopathic care. In one study, children with severe diarrhea who obtained 5

days of individualized homeopathic therapy had slightly less time-consuming diarrhea than children who received a placebo. Homeopaths consider the constitutional form when administering a cure, including the physical, emotional, and intellectual makeup. When deciding the most effective treatment for a single person, an experienced homeopath considers all of these considerations. Any of the homeopathic medicines that are more successful include:

- **Arsenicum album:** For foul-smelling diarrhea and burning sensations in the belly and around the anus through food poisoning/diarrhea. This treatment is most suitable for exhausted and restless people whose symptoms intensify in the cold and progress with warmth. Vomiting can also occur. To avoid diarrhea while traveling, you can also use Arsenicum.
- **Chamomille:** With a frothy greenish poop that odor like rotten

eggs. Used for children specifically, especially those who are argumentative, irritable, and difficult to console. Physicians widely prescribe chamomile for colicky or teething babies.

- **Calcarea carbonica:** For adolescents who are scared to be isolated or dark and who perspire excessively when asleep. Stools may have a sour scent.
- **Mercurius:** Used for foul-smelling diarrhea, which might include blood stains followed by an incomplete emptying sensation. For people who appear to feel tired after bowel motions, undergo drastic shifts in body temperature, sweat excessively, and have a thirst for cool drinks, this treatment is most suitable.
- **Podophyllum:** For gushing, explosive, painless diarrhea, which becomes worse after drinking or eating. Sometimes, fatigue

accompanies bowel motions. In the lower extremities, the person for whom this treatment is suitable can suffer painful cramps. For diarrhea suffered from teething, practitioners can use podophyllum in babies.

- **Sulfur:** For irritable, weepy adolescents. With the odor of rotting eggs, they can have diarrhea and a red ring across the anus.
- **Veratrum album:** For stomach cramps, exhaustion, bloated abdomen, vomiting, chills, profuse and watery diarrhea. The diarrhea is intensified by fruit, and the patient craves cool fluids.

Flu

Again, many of the remedies already deliberated can help you with symptoms of the flu. Since flu leads to severe discomfort, these remedies can help with individual symptoms and make you more comfortable.

For muscle aches associated with the flu, make an infusion of thyme, lemon balm, and elderflower. To prepare a pot of the infusion, use 5 g. each herb. Add them to a warmed teapot. Pour 750 ml boiling water into the pot. Infuse for 10 minutes, then pour some out into a cup to drink. Feel free to add sweetener or honey if you need to. You can drink up to 750 ml a day.

Chapter 3. Healing Properties



Acne

Acne can occur any time in life and may be due to allergies, high-sugar or high-fat diets, heredity, the use of oral contraceptives and other drugs (such as cortisone), hormone changes, and stress.

Acne-Fighting Tea

Ingredients

- 1 Oregon grape root tea
- 50 drops yellow dock tincture cup

Directions

1. Combine the ingredients. Take up to one-third of the mixture 3 times daily.

Acne Wash

Ingredients

- 1 cup horsetail tea
- 30 drops Gotu kola tincture

Directions

1. Use as much as needed to wash the skin 3 times daily.

Aging

Free radicals are volatile molecules that damage the cells' DNA and interfere with their ability to function. Several herbs act as antioxidants, which effectively eliminate free radicals.

Anti-Aging Tea 1

Ingredients

- 5 drops of cayenne tincture
- 30 drops burdock tincture
- 15 drops goldenseal tincture
- 10 drops ginger root tincture
- ½ cup slippery elm tea

Directions

Combine all the herbs in a glass container and cover with the water; steep for 30 minutes; strain.

Allergies

Some people are allergic to molds, pollens, and specks of dust. Others react to certain foods such as wheat, milk, peanuts, eggs, or shellfish. Certain cosmetics or chemicals and even bee stings bring grief to many. When that isn't possible, herbs can help check the watery eyes, nasal discharge, and coughing that occur with some allergies.

Allergy Relief Tea

Ingredients

- 1 cup dried nettle leaf
- 1 cup dried goldenrod leaf and flower
- ½ cup dried mullein leaf
- ½ cup dried calendula flower
- ½–1 cup marshmallow leaf (optional), 2–4 tbsps. dried licorice root

Directions

1. Mix all the herbs, including the marshmallow (if using a dry

constitution). Store in an airtight container.

2. Make a prolonged infusion:

Nettle Tea

Ingredients

- 2 tbsps. nettle leaves
- 1 tsp. Oregon grape root
- 2 cups boiling water

Directions

1. Combine all the herbs in a glass container and cover with the water; steep for 30 minutes; strain.
2. Take $\frac{1}{4}$ cup 3 times a day.

Anemia

Anemia is a blood disorder marked by either red blood cells containing too little hemoglobin or also few red blood cells in the blood. (Hemoglobin is the protein in red blood cells that carries oxygen.) Anemia can have several causes, including alcoholism, excessive bleeding, illness, infections, poor bone marrow function, poor diet, and pregnancy.

Anemia Tea

Ingredients

- 2 tsps. barberry root
- 2 tbsps. Oregon grape root
- 4 tbsps. nettle leaves
- 2 cups cold water

Directions

1. Combine the herbs in a glass container.
2. Cover with the water.
3. Soak overnight.
4. Strain.

5. Take up to $\frac{1}{2}$ cup 3 times daily.

Anxiety

As a cure for anxiety, many herbal therapies have been tested, but further study must clarify the hazards and benefits. This is what we know and do not know:

Kava

Kava proved to be a potential anxiety remedy. However, records of significant liver injury and short-term usage prompted the FDA to provide recommendations on using kava-containing dietary supplements. Although these original liver toxicity findings have been disputed, if you are contemplating utilizing items containing kava, use special care and include your specialist in the decision.

Passionflower

A few limited clinical trials indicate that the passionflower can assist with anxiety. Passionflowers are mixed with other herbs in several consumer items, rendering it hard to discern each plant's distinctive characteristics. When consumed as instructed, passionflower

is usually considered healthy, although some reports have shown it can induce drowsiness, dizziness, and misunderstanding.

Valerian

Individuals that used valerian showed less distress and tension in several trials. People have reported no advantages in other practices. Valerian is usually deemed healthy at prescribed levels, although as long-term safety tests are incomplete unless approved by the doctor, do not take it for more than a couple of weeks at a time. Any adverse effects, such as migraine, drowsiness, and dizziness, may be induced.

Chamomile

Research suggests that chamomile is usually deemed healthy for short-term usage and may be effective in decreasing anxiety symptoms. Although, when combined with blood-thinning medications, chamomile may boost the risk of bleeding. Chamomile usage may induce allergic reactions in specific individuals that are susceptible to the chamomile-containing family of plants.

Ragweed, daisies, marigolds, & chrysanthemums are additional representatives of this family.

Lavender

Many research pieces indicate that oral lavender or lavender aromatherapy may decrease anxiety, although there is minimal and tentative research. Oral lavender can induce headaches and constipation. Appetite can also improve, the sedative impact of some drugs and supplements can improve, and low blood pressure can be generated.

Lemon Balm

Preliminary evidence suggests that sure signs of anxiety, including nervousness and excitability, may be minimized by a lemon balm. Lemon balm usually is well-tolerated for short-term usage and is deemed healthy but may induce nausea and stomach pain.

The FDA is not regulating herbal products in the same way drugs do. The consistency of certain supplements can still be a concern, considering improved quality management legislation in force since 2010. Bear in mind;

natural does not necessarily mean safety.

Arthritis

There are 2 types of arthritis: rheumatoid arthritis and osteoarthritis. The immune system's antibodies attack the joints and soft tissues, causing inflammation, pain, and the joint's gradual deterioration. RA can be a debilitating condition, primarily when it occurs in young children.

Other beneficial herbs for arthritis include bilberry, black currant, nettle, and vervain, in addition to the herbs listed below. The following treatments are effective for both osteoarthritis and rheumatoid arthritis.

Arthritis Soothing Tea

Ingredients

- 2 tsps. devil's claw tuber
- 3 tsps. white willow bark
- 1 tsp. feverfew herb
- 2 tsps. yucca root
- 2 tsps. sarsaparilla root
- 3 cups cold water

Directions

1. Combine the spices in a glass container and cover them with water.
2. Soak overnight.
3. Drain.
4. Take ½ cup 3 times daily.

Quick Analgesic Arthritis Tea

Ingredients

- 25 drops black cohosh tincture
- 90 drops wild cherry bark tincture
- 90 drops mullein tincture
- 1 cup warm water

Directions

1. Take ⅓ of the mixture 3 times daily.

Nightly Arthritis Tea

Ingredients

- 1 tsp. black cohosh root
- 1 tsp. chamomile flowers
- 1 tsp. cascara sagrada bark

- 2 cups of water

Directions

1. Place 1 ½ tsps. the mixture in one cup boiling water; steep for 10 minutes; strain.
2. Take 1 cup in the evening, just before going to bed.

Arthritis Ointment

Ingredients

- 1 pound petroleum jelly
- 1 tbsp. Canada balsam
- 2 tsps. cayenne
- 2 tsps. chamomile

Directions

1. Melt one pound of petroleum jelly in a double boiler.
2. Add herbs; stir; heat for 2 hours.
3. Remove from heat and strain by pouring the mixture through a cheesecloth, squeezing the cloth to

release all the liquid.

4. While warm, pour the ointment into glass containers; cool.
5. Apply topically, massaging it until complete absorption, as needed for arthritis pain.

Asthma

If you've ever heard a child with asthma fighting for breath, you'll never forget the wheezing sound or the panic you feel as his or her skin begins to turn blue from lack of oxygen. In this disease, the trachea and bronchial tubes become inflamed. An asthma attack can last from a few minutes to a few days and, if severe, can be life-threatening.

No cause for asthma can be determined for many people; however, for others, asthma attacks can be brought on by allergies to molds, pollen, or other allergens, as well as certain foods and drugs. Asthma can also be triggered by cold, damp weather, inhaling dust, smoke, other irritants, and even infections. Unfortunately, asthma is on the upswing in this country, possibly because of the polluted air's hassles.

Quick-Acting Asthma Tea

Ingredients

- 1 tsp. elecampane root
- 2 tsps. horehound herb

- 1 tsp. blue vervain leaves
- 2 cups water

Directions

1. Combine the spices in a pan and cover them with water.

Soothing Tea

Ingredients

- 2 tsps. powdered Indian root
- 2 tsps. coarse echinacea root
- 2 tsps. elecampane root

Directions

1. Soak for several hours; strain.
2. Take ½ cup 2 times daily.

Back Pain

Sometimes back pain is accompanied by pain that radiates down your leg. This is called sciatica and signs that pressure is being placed on the spinal cord's nerves. Often, relaxing the muscles of the back can relieve back pain.

Sciatic Pain Tea

Ingredients

- 2 tsps. crampbark
- 2 tsps. kava gout root

Directions

1. Simmer for 30 minutes.
2. Cool and strain.
3. Take up to 1 cup per day. This tea can help relieve sciatic pain.

Analgesic Daily Tea for Back Pain

Ingredients

- 1 tsp. coltsfoot leaves
- 2 tsps. St. John's wort leaves

- 2 cups boiling water

Directions

- 1 Combine the herbs in a glass container and cover with boiling water; steep for 15–30 minutes; strain.
- 2 Take ½ cup in the morning and ½ cup at night.

Bedsore

Bedsore, also called a decubitus ulcer, is an area of damage to the skin that can occur when pressure is applied to an area of the body for a prolonged period. The pressure restricts blood flow to the site and also irritates, leading to sores.

Skin ulcers are raw, open sores when the top layer of skin cracks and peels away. They are marked by swelling, redness, pain, heat, and inflammation. They may also be infected and full of pus. Bedsore are very common in individuals in casts and those who use wheelchairs or beds. Some authorities estimate that treating bedsore and other decubitus ulcers costs the nation over \$1

billion every year.

Bedsore Topical Wash

Ingredients

- 2 tsps. marigold flowers
- 1 tsp. coarse echinacea root
- 1 tbsp. white oak bark

Directions

1. Strain.
2. Use as a wash periodically throughout the day.

Bites and Stings

We call it a “bite,” but most insects and other creatures puncture the skin rather than take a bite. The substance the animal leaves in the wound and not the injury itself usually does the damage.

Native Americans have had thousands of years to practice using herbs on snakebites. Some of the most helpful herbs for this condition include echinacea and seneca snakeroot.

Topical Wash for Bites and Stings

Ingredients

- 2 tsps. comfrey leaves
- 2 tbsps. marshmallow leaves
- 1 tbsp. dried yarrow
- 1 cup boiling water

Breath

The EPA revealed that every day we take from 17,280–23,040 breaths. We want each one of those to smell nice.

Common causes of bad breath:

- **Gingivitis:** Due to the accumulation of plaque and degradation between the teeth, this significant smelly breath source happens.

You require specialized dental care to go with your herbal remedies when your halitosis is followed by deep purple gums, inflammation, bleeding, and painful brushing.

- **Cavities:** Overtime of anaerobic bacteria can occupy a cavity. Such germs will produce a foul scent in the mouth. This often involves a doctor, and if overlooked, it can transform into a life-endangered infection.
- **Dry mouth:** Stinky breath often

occurs from benign reasons, including dry mouth. If you snore, breathe with an open mouth, speak a lot, etc., your mouth will dry out.

Recipes

- **Ginger mango:** Prepare the rhizomes of decoction. Gargle twice a day with it.
- **Cubeb:** Grab a glass of water that is slightly wet. Add 5 drops of the oil from cubeb. Swish it twice or 3 times a day or make the cubeb infusion. With it, swish.
- **Lemon balm:** Chew out the lemon balm leaves and stem.
- **Guava (Amrood):** Have a leaf decoction prepared, then swish with it.
- **Dill:** Chew ½ tbsp. the seeds of dill. or make a tea with dill leaves. Drink twice.

Further Recipes

- Chop the leaves of parsley. You are adding water with 4 cloves in it. Simmer. I am using it as a cleaner for your mouth.
- Take 1 tsp. carom (Ajwain) and 4 tsps. laung. Boil the water in a cup. Cool. Swish twice a day with this water.
- Gargle with 1 tsp. dalchini powder in the morning.
- We are using a combination of solanum xanthocarpum and some vinegar as a combination.
- In solanum xanthocarpum juice ($\frac{1}{4}$ cup), combine 1–2 tbsps. vinegar. Utilize twice a day as a mouthwash.
- Dip a few asafoetida pieces in half a bowl of water with 2–3 cloves. We are only leaving it overnight. To prevent bad breath, gargle every day. To avoid bad breath, gargle with this water

Bronchitis

Bronchitis may be accompanied by a fever, severe coughing, thick sputum, difficulty breathing, chills, and a sore throat. Bronchitis usually is caused by an infection but can also occur after inhaling dust, smoke, or other irritants.

Fire Cider

It makes about 1 quart.

Ingredients

- 1 whole head garlic, cloves peeled and chopped
- 1 (2-inch) piece fresh ginger, chopped
- ¼ cup dried pine needles
- ¼ cup dried sage leaf
- ¼ cup dried thyme leaf
- ¼ cup dried elderberry
- ¼ cup dried rose hips
- 2 tbsps. dried elecampane root
- 2 tbsps. dried angelica root

- 1-quart apple cider vinegar
- Honey or water, for sweetening or diluting

Directions

1. Combine the garlic, ginger, and remaining herbs.
2. Fill the pot with vinegar. Place a wax paper sheet under the jar lid before you screw down the ring. (The coating on the bottom of the metal mason jar lids corrodes when exposed to vinegar.)
3. Take a shot (about ½ fl. oz.) at the first sign of mucus buildup in the lungs and every couple hours after that until symptoms resolve.

Sweet Soothing Tea

Ingredients

- 1 tsp. marshmallow leaves or flowers
- 1 tsp. coltsfoot leaves
- 1 tsp. mullein leaves and flowers
- ½ cup boiling water

- Honey

Directions

- 1 Combine the above herbs; steep 1 tsp. the mixture in the boiling water; strain.
- 2 Sweeten with honey. Take one-half cup, 3 or 4 times a day, hot.

Bronchitis Tea #3

Ingredients

- 1 tsp. elecampane root
- 2 tbsps. nettle leaves
- 1 cup boiling water

Directions

1. Combine the above herbs. strain. Sweeten with honey, if desired. Take up to 2 cups a day.

Bronchitis Tea #4

Ingredients

- 1–2 slices of fresh ginger root
- 1 tsp. pearly everlasting flowers or leaves

- 1 tsp. redroot
- 1 cup boiling water

Directions

1. Combine the above herbs; steep in the boiling water for 30 thirty minutes; strain.
2. Take ½ cup of tea 3 times daily.

Burns and Sunburns

A burn is an injury to the skin or other tissues caused by fire (or another form of heat), electricity, chemicals, or radiation. In a first-degree burn, the skin will turn red and swell but will not blister. In a few days, there is complete healing without scarring. The damage from a second-degree burn goes much deeper. The skin turns very red, and there is blistering, although the skin heals without scarring. The most severe burn, third-degree, penetrates the skin, destroying both the epidermis and dermis. A third-degree burn can result in scar tissue formation. Burn tissue can become necrotic and also develop into a severe infection. Skin elasticity can be destroyed. Burns can also occur internally from swallowing scalding liquids or inhaling hot air.

A severe burn can cause dangerous systemic damage, such as respiratory tract injury, infection, and shock. Anyone suffering from a severe burn should seek immediate medical attention to counter these potentially life-

threatening effects. Herbs, however, can help relieve the pain from a minor burn and encourage rapid healing.

Sunburn Spray

Ingredients

- 1 tbsp. dried peppermint leaf
- 1 tbsp. dried plantain leaf
- 1 tbsp. dried self-heal leaf and flower
- 1 tbsp. dried linden leaf and flower
- 1 quart boiling water, 4 fl. oz. rose water

Directions

1. Strain out 4 fl. oz. the infusion and transfer to an 8-oz. bottle with a fine-mist sprayer top.
2. Use the remaining input for compresses or a cooling drink. It will keep refrigerated for 3 days.

Burn Poultice

Ingredients

- 1 tbsp. dried coneflower flowers
- 1 tbsp. dried hyssop flowers
- 1 tbsp. dried goldenrod flowers
- 1 tbsp. dried sunflower petals

Directions

1. Combine the above ingredients, moisten with boiling water, and place between 2 cheesecloth layers; let cool and apply to the affected area.
2. When dry, remoisten. Use as often as necessary.

Immunity Strengthenener

Ingredients

- 30 drops echinacea tincture
- 20 drops wild indigo root tincture
- 1 cup warm water

Directions

1. Combine the above herbs in warm water.
2. Take up to 5 times a day.

A burn can weaken the body, leaving you vulnerable to illness and infection. Use this tea to strengthen immunity.

Canker Sores

Canker sores are small sores usually found on the mouth's lining, although they can also occur on the lips, on the tongue, or in the throat. Also called aphthous ulcers, they can be white or yellow and are surrounded by red, inflamed tissue. These small ulcers can be excruciating for several days and accompanied by fever and swollen lymph glands. Injuries (such as specific dental procedures) can also cause canker sores to develop.

Cold Sores

Cold sores are small, painful, fluid-filled blisters on the mouth caused by the herpes simplex virus. Tingling, itching, and burning may give you a warning that a cold sore is about to erupt. The blisters may appear a few hours or days after the initial warning signs. After a few days, they eventually dry and form a crust. They usually completely heal within a week or 2.

Cold Sore Balm

Makes 5 oz.

Ingredients

- 1 fl. oz. calendula-infused oil
- 1 fl. oz. plantain-infused oil
- ½ fl. oz. self-heal–infused oil
- ½ fl. oz. chamomile-infused oil
- ½ fl. oz. St. John’s wort–infused oil
- ½ fl. oz. thyme-infused oil,
- 1 oz. beeswax, plus more as needed

Cold Sore Tea

Ingredients

- 1 tsp. burdock root
- 1 tsp. dried and powdered goldenseal root
- 1 cup boiling water
- Honey, to taste

Directions

1. Combine the above herbs in a glass container.
2. Steep for 30 minutes, calm, and strain.
3. You may want to sweeten with honey. Take up to one cup a day.

Cold Sore Mouthwash

Ingredients

- 1 tsp. echinacea root
- 1 tsp. yerba mansa root
- 1 tbsp. white oak bark
- 1 cup boiling water

Directions

1. Combine the herbs in a glass container.
2. Steep 30 minutes, calm, and strain. Use the solution as a wash to treat cold sores.

Constipation

Formerly called “costiveness,” constipation refers to any irregularity in, or absence of, bowel movements. Most people have one activity a day, but some may go 2 days or more and not suffer from constipation. However, the longer waste products remain in the colon, the more water will be absorbed, and the drier and more compact the waste will become.

Several diseases, including thyroid problems, circulatory disorders, and colon can also cause constipation.

Purifying Digestive Tea

Ingredients

- 2 tsps. cascara sagrada
- 3–4 slices ginger root
- 1 tsp. cayenne
- 1 tsp. Oregon grape root
- 2 cups boiling water

Directions

1. Take 1 tbsp. at a time, up to 2 cups per day.

Cough and Cold

Common cold symptoms include watery eyes, runny or stuffy nose (rhinitis), head congestion (with a mild, moderate, or severe headache), fatigue, sneezing, and coughing. A general aching feeling of discomfort and listlessness (malaise) may be present. There may be a sore throat, ranging from mild to severe, as the cold develops. Any or all of these symptoms may be present.

Cough Syrup

Ingredients

- 2 tsps. coltsfoot leaves
- 1 tbsp. wild plum root
- 2 tsps. mullein leaves
- 2 cups boiling water
- 1 pound honey

Directions

1. Combine the above herbs in boiling water, steep for 30 minutes, and strain in nonmetallic containers.

2. Add one pound of honey, heating, and stirring until the honey is dissolved; cool and store in a glass container.

Soothing Cough and Cold Formula

Ingredients

- 30 drops echinacea tincture
- 20 drops wild indigo root tincture
- 2 cups white cedar leaf tips tea

Directions

1. Combine the above ingredients and take $\frac{1}{2}$ cup at a time, hot.
2. Take up to 3 times a day.

Lakota Cough and Cold Formula

Ingredients

- 1 tsp. goldenseal root
- 1 tsp. mullein leaves
- 1 tsp. osha root
- 1 tsp. pleurisy root
- 1 tsp. yerba mansa root
- 2 tsp. yerba sante leaves

- 2 cups boiling water

Directions

1. Combine the above herbs and cover with boiling water; steep for 30 minutes, calm, and strain.
2. Take 2 tbsps. at a time, as needed, up to 2 cups a day.

Lumbee Cough and Cold Formula

Ingredients

- 3 tsps. goldenrod leaves
- 4 tsps. horehound leaves
- 2 tsps. white pine inner bark
- 4 cups boiling water

Directions

1. Combine the above herbs in cheesecloth; tie closed with a string.
2. Place the bag in the boiling; simmer for 15 minutes; cool; remove the bundle.
3. Take ½ cup of the hot mixture at a time, as needed, up to 2 cups a day.

Quick-Acting Cough and Cold Formula

Ingredients

- 4 tsps. agrimony leaves
- 2 tsps. mullein leaves
- 2 tsps. blue vervain leaves
- 1 tsp. oxeye daisy
- 3 tsps. horehound leaves
- 2 tsps. speedwell
- 2 cups boiling water

Expectorating Cough and Cold Tea

Ingredients

- 2 tsps. boneset herb
- 2 tsps. licorice root
- 2–3 slices ginger root
- 2 tsps. wild cherry bark
- 2 cups boiling water

Decongestant Tea

Ingredients

- 2 slices fresh ginger

- 2 tsps. pleurisy root
- 1 cup boiling water

Directions

1. Combine the herbs in a glass container, steep for 30 minutes, calm, and strain.
2. Take 1 tbsp. at a time, up to 2 cups a day. This tea is good for bronchial congestion.

Quick-Acting Mullein Cough Syrup

Ingredients

- 1 cup of mullein tea
- 1 pound honey

Directions

1. Heat until the honey is liquid.
2. Remove from heat, calm, and pour into a glass container. Take a tbsp. at a time, as needed.

Horehound Lozenges

Ingredients

- 1 ½ cups horehound leaves

- 1 ½ cups water
- 3 cups sugar
- 3 tbsps. corn syrup.

Directions

1. Place the horehound leaves in a pan and cover them with water.

Depression

To help them control their illness and feel healthier, certain persons with depression choose non-drug interventions. For milder symptoms of depression, natural therapies and herbal remedies can be promising.

Depression is a chronic mood condition with signs varying from moderate to crippling and likely life-threatening.

Fatigue

Fatigue is more than just being tired. Instead, fatigue is a prolonged or excessive decrease in the ability to function, over and above what regular exertion would cause. Those who push themselves to the point of physical exhaustion are undoubtedly familiar with fatigue. However, fatigue can be a symptom of more than overexertion; it is a symptom of several conditions, including anemia, circulatory problems (such as angina pectoris, atherosclerosis, and high blood pressure), chronic fatigue syndrome, diabetes, hepatitis, inflammatory bowel disease, multiple sclerosis, and respiratory conditions including pneumonia and pleurisy.

Shake-It-Off Formula

Makes 3 fl. oz. (45–90 doses)

Ingredients

- 1 fl. oz. tincture of licorice
- 1 fl. oz. tincture of ashwagandha
- 1 fl. oz. tincture of tulsi

Directions

1. In a small bottle, combine the tinctures.
2. Cap the bottle and label it.

Pick-Me-Up Tea

Ingredients

- 1 tsp. ginkgo biloba leaves
- 1 tsp. dried mirabilis root
- 1 tsp. dried ginseng root
- 1 tsp. pulsatilla herb
- 1 tsp. gotu kola leaves
- 1 tsp. St. John's wort leaves

Directions

1. Take as needed.

Invigorating Tea

Ingredients

- 1 tsp. blackberry leaves
- 1 tsp. strawberry leaves
- 1 tsp. raspberry leaves
- 2 cups boiling water

- Honey

Directions

1. Sweeten with honey if desired. Drink as needed.

Fever

Fever is your friend: It's a vitally crucial immune response—and herbalists aren't the only ones saying so!

Almost all severe problems associated with fever come not from the fever itself but from runaway dehydration. If a person is too vile to keep down fluids, sitting in a warm bath is an excellent way to rehydrate.

Fever-Inducing Tea

Ingredients

- 1 cup dried tulsi leaf
- ½ cup dried sage leaf
- ½ cup dried thyme leaf
- ½ cup dried yarrow leaf and flower
- ¼ cup dried angelica root
- ¼ cup dried ginger, one garlic clove, sliced, for a real kick (optional)

Directions

1. Mix all the herbs. Store in an airtight container.

2. 2 Add the garlic (if using).

Fever Relief Tea

Ingredients

- 1 tsp. angelica root
- 1 tsp. ground ivy leaves
- 1 tsp. barberry berries
- 2 tsp. peppermint leaves
- 2 tsp. blue vervain leaves
- 1 tbsp. dried yarrow
- 1 tsp. catnip leaves
- 1 cup boiling water

Directions

1. Combine the above herbs.
2. Place 1 tbsp. the mixture in a cup; steep for 30 minutes; strain.
3. Take up to 1 cup a day.

Food Intolerances

Food sensitivities are widespread and run the gamut from mild to life-threateningly severe. They cause all manner of gastrointestinal upsets—heartburn, IBS, bloating, and more—and contribute to systemic inflammation, neurological problems, and autoimmunity.

In our opinion, everyone should periodically assess for sensitivity to a few common foods: gluten, dairy, soy, corn, eggs, and nightshades (potatoes, tomatoes, peppers, eggplant, etc.) are all common culprits.

Gut-Heal Tea

This blend of digestive herbs combines all the actions needed to restore healthy function to the stomach, intestines, and liver. It is the single most frequently recommended formula in our practice and is open to a wide degree of individual customization

Ingredients

- ½ cup dried calendula flower
- ½ cup dried plantain leaf

- ½ cup dried chamomile flower
- ½ cup dried tulsi leaf
- 1 cup dried marshmallow leaf
- ¼ cup dried ginger
- ¼ cup dried licorice root
- ¼ cup dried yarrow leaf and flower
- ¼ cup dried St. John's wort leaf and flower

Directions

1. Mix all the herbs. Store in an airtight container.

Build-Up Broth

It takes about 3 quarts.

The amino acids in these parts help restore intestinal integrity, compromised by the food allergy reaction. Adding herbs enhances these healing and anti-inflammatory activities. If you feel particularly awful, forego solid food for a day and just have lots of broth!

One more reason to get in the bone broth habit: Broth made from bones with

collagenous tissue still attached is rich in glucosamine and chondroitin. These nutrients are utilized by the body to rebuild healthy joints and connective tissues. You can buy glucosamine and chondroitin as supplements, but bone broth is a cheaper source and has many other benefits!

Ingredients

- 1 cup dried calendula flower
- ¼ cup dried dandelion root
- ¼ cup fennel seed
- ¼ cup dried ginger
- ¼ cup dried kelp
- Bones (such as from 1 rotisserie chicken; 6 pork chop bones; 1 lamb or beef shank; or the bones, head, and tail from 2 medium fish—really, any bones will do)
- 3 quarts water, plus more as needed
- 1 tbsp. apple cider vinegar
- Oyster, shiitake, or maitake mushrooms, for their nutritional and healing properties

- Salt
- Freshly ground black pepper

Directions

1. In a large pot over high heat, combine the herbs, bones, water, vinegar, and mushrooms (if using)—season with salt and pepper. Bring to a boil. Sustain boiling for 4–8 hours. Check often and add enough water to replace what has burned away.
2. Strain the liquid and reserve. Compost the bones and herb marc, if desired.
3. Drink a mug of warm broth 2–3 times per day.

Colon-Soothing Tea

Ingredients

- 2 tsps. bee balm leaves
- 2 tsps. peppermint leaves
- 2 tsps. chamomile flowers
- 1 cup boiling water

Directions

1. Combine the herbs in a container.

Quick-Acting Flatulence Tea

Ingredients

- 1 tsp. catnip leaves
- 1 tsp. grated ginger root
- 2 tsp. dandelion leaves
- 2 cups boiling water

Directions

1. Combine the herbs and cover with boiling water; steep for 20–30 minutes; strain.
2. Take as needed.

Daily Digestive Tea

Ingredients

- 1 tsp. fennel seeds
- 1 tsp. coriander seeds
- 1 tsp. dried ginger pieces
- 1 tsp. cumin seeds
- 2 cups boiling water

Directions

1. Combine the above ingredients in a container.
2. Take 1 tbsp. the herb mixture and place in the boiling water; steep for 30 minutes; cool and strain. Take as needed, up to 2 cups a day.

Gingivitis

To combat gingivitis, take the gel from an aloe vera plant and make it into a juice. Use it as a mouthwash 2–3 times a day.

Alternatively, you can create an infusion of sage and use it as a mouthwash. To prepare the infusion, use 1 tsp. dried or 2 tbsps. fresh herb to 500 ml water. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Once it is cool, use it as a mouthwash 2–3 times a day.

Hangover

The number-one hangover preventive and most straightforward remedy are milk thistle capsules.

Sometimes this will prevent you from getting a hangover at all!

Take-It-Easy Next Day Infusion

Makes about 3¼ cups dried herb mix (enough for 20–28 quarts of tea)

This gentle tea calms the most common hangover symptoms and helps with rehydration to boot. Best to mix it up before the big party, so it'll be ready when you need it. Drink a quart or more, slowly, over the day.

Ingredients

- ½ cup dried chamomile flower, self-heal leaf and flower,
- 1 tbsp. dried licorice root
- 1 tbsp. dried ginger
- ¼ cup dried St. John's wort leaf and flower

Directions

1. Mix all the herbs. Store in an airtight container.

No-Fuss Hangover Tea

Ingredients

- 1 tsp. ripe barberry berries
- 1 tsp. Oregon grape root
- 2 cups boiling water

Directions

1. Combine the herbs in a nonmetallic container and cover with boiling water; steep for 30 minutes; cool, and strain.
2. Take up to one cup a day, diluted in plenty of cool water.

Quick-Acting Hangover Tea

Ingredients

- 1 tsp. bayberry root
- 1 tsp. dried goldenseal root
- 1 tsp. Oregon grape root
- 2 cups boiling water

Directions

1. Combine the herbs in a nonmetallic container and cover with boiling water; steep for 30 minutes; strain.
2. Drink several glasses throughout the day.

Spicy Hangover Tea

Ingredients

- 1 tsp. catnip leaves
- 1 tsp. peppermint leaves
- 1 tsp. dried chaparral leaves
- 2 cups boiling water

Directions

1. Combine the herbs in a nonmetallic container and cover with boiling water; steep for 20–30 minutes; strain.
2. Drink $\frac{1}{2}$ cup at a time, up to 2 cups a day.

Headache

Headaches are widespread and can be dull and steady, stabbing, gnawing, or throbbing. There are many kinds of headaches with many different causes. Sometimes tension, fatigue, or stress can cause a headache. Problems with the eyes, ears, nose, throat, or teeth can bring on a headache, such as allergies, injuries, infections, tumors, and many diseases. Headaches are also big business; most people take nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen, or indomethacin, or even more potent painkillers. But these drugs have unwanted and sometimes severe side effects, including ulcers and an increased tendency to bleed. Herbs can offer a safer alternative.

Headaches arise from a variety of imbalances. Some are simple one-off causes—dehydration, sleep debt, dietary excesses, alcohol, caffeine, medications. For those, you want quick pain relief while you supply what's missing or simply wait for the body to recover.

For long-term relief, it's essential to identify your triggers, as well as the underlying patterns that contribute to your pain; this takes some experimentation. The following herbal remedies are designed to address the most common types of headaches we see, but try different combinations of herbs to refine the prescription and make it as personal as possible. If you have recurrent headaches and find this helps, drink a quart or more daily as a preventive.

Cooling Headache Tea

If a headache makes you turn red-faced, and the pain feels hot, sharp, and very sensitive to the touch, this is for you. This kind of headache often results from tension, stress or anxiety, sinus congestion, or direct nerve pain. These herbs calm, relax (be aware the wild lettuce may make you sleepy), and drain.

Ingredients

- 1 cup dried betony leaf and flower
- 1 cup dried meadowsweet flower
- ½ cup dried linden leaf and flower

- ½ cup dried marshmallow leaf
- ¼ cup dried wild lettuce leaf and stalk

Directions

1. Mix all the herbs. Store in an airtight container. Drink warm or cool. 1 cup of this tea should begin to give some relief.

Warming Headache Tea

If your headaches strike, you have a pale face, and the pain feels cold, dull, and broad, try this blend. These herbs warm, gently astringe and improve circulation. (If caffeine usually works as a headache remedy for you, try this.) If you have recurrent headaches and find this helps, drink a quart or more daily as a preventive.

Ingredients

- 1 cup dried betony leaf and flower
- 1 cup dried tulsi leaf
- ½ cup dried chamomile flower
- ½ cup dried sage leaf
- ¼ cup dried ginger

Directions

1. Mix all the herbs. Store in an airtight container. Drink warm to hot. 1 cup of this tea should begin to give some relief.

Peppery Headache Tea

Ingredients

- 1 tsp. feverfew leaves
- 1 tsp. peppermint leaves
- 1 cup boiling water
- Honey

Directions

1. Combine the above herbs in a nonmetallic container and cover with boiling water; steep for 30 minutes; strain.
2. Add honey to taste. Take 1 tbsp. at a time, up to 1 cup a day.

Soothing Headache Tea

Ingredients

- 1 tsp. catnip leaves
- 2 tsps. feverfew leaves
- 1–2 cups boiling water

Directions

1. Combine the catnip and the feverfew in a glass container.
2. Steep for 30 minutes; strain.
3. Take up to 1 cup a day, 1 tbsp. at a time.

Heartburn/Reflux/Gerd

Heartburn is a burning stomach pain that can spread up into your throat. Heartburn occurs when hydrochloric acid from your stomach backs up into the esophagus. This condition can result if you gulp your food or drink too much caffeine or alcohol. It can also occur if you eat while stressed or eat certain foods (such as spicy or fatty foods). Antacids are commonly taken for heartburn, but herbs can be just as effective.

Note: If you suffer from heartburn, avoid peppermint. Although it helps treat indigestion and other stomach problems, it can relax the esophageal sphincter and increase heartburn's tendency.

Contrary to what you might expect, heartburn is most often caused by low levels of stomach acid. When stomach acid is low, it causes a chain of problems in the digestive system, ultimately increasing the abdomen's upward-moving pressure. This weakens the “trapdoor” between the stomach and the esophagus—when that’s compromised, acid

is more likely to splash up through and irritate the unprotected tissue there.

Reducing stomach acid production (with antacids or acid-blocking pharmaceuticals) temporarily relieves pain and worsens the underlying problem. First, we have to heal existing damage in the esophagus or stomach (inflammation and ulcers) to address heartburn. Then we can work to restore normal acid levels to prevent a recurrence.

That stomach-esophagus “trapdoor” (the lower esophageal sphincter, LES) can also be compromised by poor alignment and stress. When in a state of anxiety, saliva production decreases, and digestive movement is inhibited. A rest-and-digest state of mind is required to retain the proper resting tone of the LES. This starts by being present with your food—slow down, chew thoroughly, take your time.

Marshmallow Infusion

Makes 1 quart.

If you have functional heartburn, the first thing you need is an excellent cold infusion

of marshmallow root. Keep this on hand for when there's an attack and heal the damaged tissue in the esophagus. When heartburn happens, just sip on this slowly, and you'll feel relief in no time.

Ingredients

- 2–4 tbsps. dried marshmallow root

Directions

1. In a quart-size mason jar, combine the marshmallow with enough cold or room-temperature water to fill the jar—cover and steep for 4–8 hours.
2. Keep refrigerated, where each batch will last for 2–3 days.

Preventive Bitter Tincture

Makes 3 ½ fl. oz. (30–60 doses)

To restore normal stomach acid levels and reduce the conditions for heartburn to develop, take these drops before every meal.

Ingredients

- 1 fl. oz. tincture of dandelion root

- ½ fl. oz. tincture of catnip
- ½ fl. oz. tincture of chamomile
- ⅓ fl. oz. tincture of fennel
- ⅓ fl. oz. tincture of meadowsweet
- ⅓ fl. oz. tincture of self-heal
- ½ fl. oz. tincture of St. John's wort.

Directions

1. In a small bottle, combine the tinctures. Cap the bottle and label it.
2. Take ½–1 drop 10 minutes before eating.

Quick-Acting Heartburn Tea

Ingredients

- 1 tsp. dried angelica root
- 1 tsp. crushed juniper berries
- 1 cup boiling water

Directions

1. Combine the herbs in a nonmetallic container and cover with boiling

water; steep for 20–30 minutes; strain.

2. Take a tbsp. at a time, as needed.

Soothing Heartburn Tea

Ingredients

- 1 tsp. catnip leaves
- 1 tsp. oxeye daisy herb
- 1 cup boiling water

Directions

1. Combine the herbs in a non-metallic container and cover with boiling water; steep for 30 minutes; strain.
2. Take 1 tbsp. at a time, as needed.

Herpes

The first thing you will do with the ragwort herb is to make an infusion (tea).

You need to cut up the tops of the Ragwort herb and make them into tea. Put one heaping tsp. into a pint of boiling water and let it steep for 15–30 minutes.

You then drink the infusion (tea) every 2 hours until you have finished the gallon in the 1 pound bag.

It's best to take this medicine on an empty stomach because your body can quickly assimilate its contents.

Hypertension

Occasional high blood pressure is normal—it's a part of the natural response to stressful situations. Over time, though, high blood pressure can cause or worsen other cardiovascular problems. Herbs offer an excellent suite of actions to reduce high blood pressure, often by addressing root causes rather than merely acting symptomatically.

It's worth noting that high blood pressure isn't always insufficient: New information indicates that hypertension that develops in the elder years may help reduce the risk of dementia.

Softhearted Tea

Makes 2 cups dried herb mix (enough for 12–16 quarts of tea)

Reducing stress makes a big difference, so herbs that can relax the mind while soothing the physical heart are ideal. For those with very dry constitutions, prepare this as a cold infusion instead. Drink a quart or more every day.

Ingredients

- 1 cup dried linden leaf and flower
- ½ cup dried marshmallow leaf
- ½ cup dried rose petals

Directions

1. Mix all the herbs. Store in an airtight container.

Free-Flowing Circulation Tea

Ingredients

- 1 tsp. burdock root
- 1 tsp. goldenseal root
- 1 tsp. cayenne
- 2 tsps. slippery elm bark
- 2 slices of ginger root
- 3 cups boiling water

Directions

1. Combine the above herbs in a nonmetallic container, strain.
2. Take up to 1 cup a day, 2 tbsps. at a

time.

Anti-Congestive Tea

Ingredients

- 2 tsps. black cohosh root
- 4 tsps. ginkgo biloba leaves
- 2 cups boiling water

Directions

1. Combine the above herbs in a nonmetallic container, and pour the boiling water over them. Soak for 30 minutes, calm, and strain.
2. Take 2–3 tbsps. at a time, up to 6 times a day.

Arteriosclerosis Preventive Tea

Ingredients

- 2–3 ginger slices
- 2 tsps. Ginkgo biloba leaves
- 1 tsp. ginseng leaves,

Directions

1. Take up to $\frac{1}{2}$ cup per day.

Indigestion/Dyspepsia

Indigestion refers to any gastrointestinal disturbance, such as an upset stomach. Indigestion can occur if you eat too fast, overeat, eat while emotionally upset, or, for some people, eat the wrong foods. Caffeine, high-fiber foods, alcohol, and carbonated drinks are often indigestion culprits. Sometimes allergies can cause indigestion. Indigestion can be a symptom of several diseases, including pancreatitis, ulcers, gastritis, and cholecystic. Often, however, there is no known cause for indigestion.

If you have chronic digestive discomforts, take a hard look at your diet to see if you have any food sensitivities. Lucky for you, though, indigestion is a problem for which herbal quick fixes are ready at hand—read on for 2 simple, portable solutions.

Pre-Emptive Bitter Tincture

Indigestion often means just that—incomplete digestion. This formula stimulates all your digestive fluids—saliva, stomach acid, bile, and pancreatic enzymes—so

digestion is as thorough and complete as possible.

Ingredients

- 1 fl. oz. tincture of dandelion root
- 1 fl. oz. tincture of sage
- 1 fl. oz. tincture of catnip
- 1 fl. oz. tincture of chamomile

Directions

1. In a small bottle, combine the tinctures. Cap the bottle and label it.
2. Take 1–2 drops 10 minutes before eating.

Carminative Tincture

This formula warms the body's core, stimulating your digestive organs and keeping the bowels from getting sluggish if peppermint isn't your style, substitute angelica.

Ingredients

- 1 ½ fl. oz. tincture of ginger,

- 1 fl. oz. tincture of fennel,
- 1 fl. oz. tincture of peppermint
- ½ fl. oz. tincture of licorice

Directions

1. In a small bottle, combine the tinctures. Cap the bottle and label it.
2. Take 1–2 drops after each meal or whenever your guts feel uncomfortably stuck.

Digestive Tea

Ingredients

- 1 tsp. blue cohosh root
- 1 tsp. coneflower root
- 1 cup boiling water

Directions

1. Combine the above herbs in a glass container.
2. Steep for 30 minutes; cool and strain.

3. Take as needed, up to one cup a day.

Strong Digestive Tea

Ingredients

- 1 tsp. angelica root
- 1 tsp. grated ginger root
- 2 tsp. chamomile flowers
- 2 tsp. peppermint leaves, 1 cup boiling water

Directions

1. Combine the above ingredients in a container.
2. Take 1 tbsp. the herb mixture and place in the boiling water; steep for 30 minutes; cool and strain.
3. Take as needed, up to 2 cups a day.

Quick-Acting Digestive Tea

Ingredients

- 1 tsp. licorice root
- 1 tsp. peppermint leaves

- 2 cups boiling water

Directions

1. Combine the above herbs in a nonmetallic container and cover with boiling water; steep for 15–20 minutes; strain.
2. Take as needed, up to one cup a day.

Inflammation of the Throat

Agrimony

Widely known for its essential oils, alkaloids, and frolic acids, Agrimony is also one of the most widely used plants to treat inflammation of the throat. Its anti-inflammatory and astringent properties make this herb an unbeatable formula for anyone burdened by the ailments inherent in an inflamed throat. This home remedy can be prepared with very few elements. Just deposit a small spoon of agrimony in a cup. Then add hot water and let it rest for a minute. It is filtered and, from that moment, gargle with this infusion twice a day.

Insomnia

For insomnia, you can make an infusion of chamomile to help you sleep. To prepare the infusion, use 1–2 tsps. dried chamomile flowers to 150 ml water. This is one dose. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweetener or honey if you need to. Take this remedy right before bed. If this doesn't work, follow the same infusion recipe but use lavender instead of chamomile.

You can also make a sachet of hops to put under your pillow. Hops are the plant used to make beer, and you can easily find dried hops in herbal shops. Do not take hops internally if you are feeling depressed.

Joint Pain and Stiff Joints

For joint pain, use a rub of St. John's wort infused oil and lavender essential oil. To use this remedy, combine 2 ½ tbsps. St. John's wort infused oil with 20–40 drops of lavender essential oil. Massage the mixed oil onto the affected joints.

St. John's wort infused oil needs to be cold-processed. Since cold-infused oil takes a while to process, make sure you take the time to make it before you need it. To cold-infuse oil, place the 250 g. dried herb or 500 g. fresh in a large glass jar. Pour in 750 ml good quality olive oil or sunflower oil. Pour the oil over the herbs until they are completely covered. Shake the jar and place it in a sunny spot. Leave for 2–6 weeks, then strain out the herbs, keeping the oil. Store the oil in a dark glass container for up to a year.

A similar remedy is to make a rub of comfrey-infused oil and lavender essential oil. Follow the same process for the earlier remedy. Comfrey-infused oil needs to be hot processed. To hot-infuse oil, place the 250 g.

dried herb or 500 g. fresh in a large glass bowl over boiling water in a saucepan (like a double boiler, but with a glass container on top). Pour in 750 ml good quality olive oil or sunflower oil. Stir the herb and oil mixture and simmer gently for 2–3 hours. Strain out the herbs, keeping the oil. Make sure you press out all of the oil. Store the oil in a dark glass container for up to a year.

Knee Pain

Knee pain may be caused by an injury, such as a ruptured ligament or torn cartilage. Knee pain can also be a result of medical conditions such as arthritis, gout, and infections. Self-care interventions are effective with many cases of mild knee pain. Knee braces and physical therapy can also help alleviate knee pain.

Natural remedy: Solomon's Seal.

How to consume: Knee's fine tincture.

Recommended dosage: Take 4 drops by mouth 3 times per day.

Recommended dosage time: Till the pain subsides.

How to prepare knee's fine tincture:

Ingredients

- ½ fl. oz. meadowsweet tincture
- 1 fl. oz. ginger tincture
- ½ fl. oz. mullein root tincture
- ½ fl. oz. St. John's wort tincture

- 1 fl. oz. Solomon's seal tincture
- ½ fl. oz. goldenrod tincture

Directions

1. Mix the tinctures in a small container.
2. Cover and label the bottle.
3. Take 4 drops orally 3 times a day.
4. In addition, squirt 4 drops into your palm and massage them into your knee muscles.
5. Best time of the day to consume it:
Anytime.

Menstrual Pain

Got cramps? Stocking up on certain herbs might make you never have to turn to the medicine cabinet again. The following are tried-and-true, studied, and trusted herbs, even for the most intense menstrual pains.

- **Black haw:** Compounds in the bark and root of this tree mimic the effects of aspirin. Seek the dried herb, or supplement form, at grocery stores—make the dried bark and roots into a hot tea, taken 2–3 times daily until pains disappear.
- **Black cohosh:** A tincture or supplement of potent black cohosh can smooth over the pains that come with irregular periods. For the best effect, take a dose twice per day the week before your period. You may enjoy less painful, heavy feminine symptoms.
- **Lemon balm:** Calming and cramp-relieving together, lemon balm can soothe the smooth muscle of the

uterus and help with PMS. Take a hot tea 3 times per day while you have symptoms, and menstrual pain could hit the road quickly—along with any anxious, unsettled moods you have.

- **Motherwort:** Similar to lemon balm, motherwort can untangle stress or tension related to your period. It can slightly help balance your hormones and take away some cramping and bloating that gives you discomfort. Works best in supplement or tincture form, taken 2–3 times per day.
- **Nettles:** Think your cramps are more due to bloating or water retention? Try infusions of nettles or add the cooked greens to your meals. It's a diuretic—so it will help you rid yourself of excess water weight that leads to menstrual pain.

Mental Clarity

For mental clarity, you can apply essential oil with a carrier oil to your hands and temples. Essential oils that can help are rosemary and peppermint.

You can also make infusions of lemon balm, rosemary, or peppermint. To prepare the infusion, use 1 tsp. dried herb (use 1 type, not all 3) or 2 tsps. fresh herb to 250 ml water. This is one dose. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Inhale the infusion before you drink. Feel free to add sweetener or honey if you need to.

Mood Enhancement

For a low mood, you can take an infusion of lemon balm, which can help with some of the physical symptoms of feeling down. To prepare the infusion, use 1 tsp. dried or 2 tsps. fresh herb to 150 ml water. This is one dose. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweetener or honey if you need to. You can drink up to 750 ml a day.

To help with feelings of depression, you can take tablets of St. John's wort, or you can make an infusion of St. John's wort. Don't take this remedy if you are currently on antidepressants. To prepare the infusion, use 1 tsp. dried St. John's wort to 250 ml water. This is one dose. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweetener or honey if you need to. You can drink up to 600 ml a

day.

For additional mood enhancement, you can make some lifestyle changes that can help. Doing some exercises, like yoga and Tai Chi, can help improve mood. If these aren't your kind of exercises, you can always find ones that make you happy. Any exercise that requires you to breathe deeply and be active can be very useful for mood enhancement.

Pink Eye

For pink eye, you're going to use 2 herbs. Eyebright and cornflower can make an infusion for healing pink eye. To prepare the infusion, use 1 tsp. dried of either herb, not both together, to 250 ml water. This is one dose. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer.

Sprains and Fractures

For a small fracture, you can apply the infused oil of comfrey 3 times a day. Comfrey-infused oil needs to be hot processed. To hot-infuse oil, you should place the 250 g. dried herb or 500 g. fresh in a large glass bowl over boiling water in a saucepan (like a double boiler, but with a glass container on top). Pour in 750 ml good quality olive oil or sunflower oil. Stir the herb and oil mixture and simmer gently for 2–3 hours. Strain out the herbs, keeping the oil. Make sure you press out all of the oil. Store the oil in a dark glass container for up to a year.

For sprains, apply a compress of comfrey immediately to the area. To make a compress, start by making an infusion. Use 20 g. dried comfrey leaves. Add them to a warmed teapot. Pour 500 ml boiling water into the pot. Infuse for 10 minutes before removing the herbs and strainer. When the infusion cools, soak a soft compress cloth in the infusion. Then wring out the cloth. Rub some

oil on the affected area to reduce sticking and apply the compress. Secure it with pins or plastic film and leave for up to 2 hours.

Stress

For short-term stress, you can take ginseng tablets. This remedy isn't for children or pregnant women. If you don't have access to the tablets, then you can chew on some root or add it to soup or a smoothie. The amount to chew on or add to food is 0.5–1 g. ginseng root. Do not take this remedy for more than 6 weeks at a time.

For long-term stress, you can make a decoction of ashwagandha root. To make a decoction, place 3 g. ashwagandha root and 150 ml water in a saucepan. Bring to a boil and simmer for 20–30 minutes. Sieve the mixture, keep the liquid, and discard the herbs. Store any leftover decoction in the fridge for up to 48 hours. If you don't want to drink the decoction, then you can chew the same amount of root. Take this remedy for 2 days.

Suffocation

Jasmine

This very popular and effective medicinal plant for various common diseases comes from Southeast Asia. Throughout the last decades, with the emphasis of the research sciences about the healing properties of certain medicinal plants, it has been determined that this plant offers us many significant advantages. First, it relieves tension and stress; it also regulates the cholesterol level in our body; it facilitates the development of certain beneficial bacteria. Some people even use it to lose weight. However, the infusion of its flowers and boiling its roots is effective for suffocation as a respiratory ailment.

In this regard, you will need dried flowers of jasmine bud.

Green Tea

How to prepare it? As in most cases, the first thing is to heat a bowl of water until it boils. Once the boiling point is reached, add a

handful of dried flowers and 1 tsp. green tea. Finally, let the mixture settle for about 5 minutes. From this moment, you can drink your jasmine tea and improve the discomfort inherent in asphyxiation.

Vaginal Yeast Infections

For vaginal yeast infections, you can make a douche or wash with an infusion of calendula. To prepare the infusion, use 1 tsp. dried or 2 tsp. fresh calendula petals to 250 ml water. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Once the infusion has cooled enough, use it to wash the affected area or use it as a douche. Alternatively, you can pour the infusion into a warm bath. Soak for 20 minutes.

You can also make an internal vaginal remedy out of tea tree essential oil. This remedy shouldn't be used if you are pregnant. Mix 2 drops of tea tree essential oil with 3 drops of olive oil. Once mixed, apply to a tampon and insert it into the vagina. Keep in place for 2–3 hours before removing, and only use it once a day.

Urinary Tract Infection

For urinary tract infections, these remedies will help. However, if there is severe pain, or blood in your urine, you should talk to a doctor first.

You can make a decoction of cranberries to help heal a urinary tract infection. To make a decoction, place 40 g. fresh cranberries and 750 ml water in a saucepan. Bring to a boil and simmer for 20–30 minutes. It should reduce until there is only 500 ml liquid left. Sieve the mixture, keep the liquid, and discard the berries. You can drink 450–600 ml a day. Store any leftover decoction in the fridge for up to 48 hours.

Alternatively, take garlic and echinacea capsules or tablets, following the directions on the bottle. You can take this in addition to the cranberry decoction.

Varicose Veins

For varicose veins, you can apply witch hazel to the affected area. An easy way to do this is to apply distilled witch hazel, which can be bought from the pharmacy. You can also apply witch hazel cream to your varicose veins. Gently apply either remedy 1–2 times a day.

You can also make an infusion of yarrow and apply it externally. This shouldn't be used if you are pregnant. To prepare the infusion, use 1 tsp. dried yarrow aerial parts to 250 ml water. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Soak a washcloth in the cool infusion and bathe your varicose veins. Do this 1–2 times a day. Alternatively, you can apply yarrow ointment to the veins.

Yarrow can also be taken internally to help with varicose veins. Remember, do not take a yarrow remedy while pregnant. To make a drinkable infusion of yarrow, use 1 tsp. dried

yarrow to 250 ml water. This is 1 dose. Make the infusion like tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 10 minutes before removing the herbs and strainer. Feel free to add sweetener or honey if you need to. You can drink 150–300 ml a day for 10 weeks.

Warts

For warts, apply nature's skin miracle, aloe vera. Take the gel from the leaf and apply it to the wart. Do this 2–3 times a day for up to 3 months to see improvement.

You can also try applying the tincture of arborvitae or white cedar leaves. Do not take this remedy internally, but you can apply it externally to the wart itself.

Wrinkles

For wrinkles, the first step is to take preventative measures. If you reduce or quit smoking, you can reduce wrinkles. You can also use sunscreen and stay away from tanning to help improve your skin. Massages can also help with preventing wrinkles.

Beyond these remedies, you can apply a mask of aloe vera gel to your face every day. Taking a supplement internally of aloe vera can also help.

Alternatively, you can make a mask of bananas. Take $\frac{1}{4}$ of a banana and mash it until it's smooth. Apply it to your face and let it sit for 20 minutes before washing it off.

BOOK 5: RECIPES INFUSION



Introduction

Herbs are commonly used for medicinal purposes. However, not all herbs work in the same way and usually have more than one effect. Paprika is used widely as a spice and as a treatment for certain skin conditions, but it has been scientifically proven to prevent some types of cancer cells from growing. However, fresh paprika should not be used to treat cancer because it lacks the necessary nutrients needed for healing purposes in large doses.

The benefits of medicinal plant gardening are many and varied. Medicinal plants are best utilized in natural remedies because they can often contain valuable ingredients such as menthol, camphor, carvacrol, thymol, eugenol, citronellal, and more.

Doctors have been prescribing medicinal plants for centuries before they eventually synthesized them into drugs. Medicinal plants were the first source of drugs that antibiotics derived from mold fungi centuries later, for

example! Aside from the obvious health benefits, growing your own medicinal plants also gives you a chance to grow rare or uncommon species that you may not have access to otherwise.

Many ingredients found in medicinal plants are known for their anti-bacterial, anti-fungal, analgesic, and anti-inflammatory properties. These types of beneficial ingredients can help treat many common ailments, such as acne, burns, earaches, colds, and more. Growing your own medicinal plants is one way of ensuring you always have a supply on hand to use when needed.

Medicinal plant gardening is an ideal way to learn about natural remedies too. Many plants you grow, if they are left to flower, will attract pollinating insects and butterflies and can even help control pests.

You can grow them in containers so that they are easily transported around your home as needed too.

Medicinal plants are also excellent if you're looking to de-stress and relax. The helpful

nature of medicinal plants can help you tackle your daily stress positively. They can also be used to help improve your mood and energy levels. It is also very relaxing to grow your medicinal plants in your own garden and many of the common ingredients found in them will naturally help you sleep better at night.

It can be very rewarding to grow or even learn about medicinal plants, as they can provide many useful benefits. The best part about growing your own medicinal plants; however, is the fact that you have a chance to learn something new or fine-tune, an old remedy that you've been using for years. It can be very rewarding too as you'll be able to stop relying on prescription medications one day soon too! Medicinal plant gardening is easy and rewarding.

To start growing medicinal plants, however, it is best that you know a little about growing plants before you begin.

Chapter 1. Tea



Anti-Aging Tea 1

Preparation time: 5 minutes

Cooking time: 3 minutes

Servings: 1

Ingredients

- 1 tsp. dandelion root
- 1 tsp. burdock root
- 1 tsp. Schisandra berries
- 1 tbsp. nettle leaves
- 1 tsp. hibiscus flowers, dried

- 1 tsp. chamomile-extract
- ½ cup of water

Directions

1. Combine all the ingredients and steep for 2 to 3 minutes.
2. Transfer to a cup and enjoy.

Nutrition

- Protein: 6% 7 kcal
- Fat: 2% 2 kcal
- Carbohydrates: 92% 105 kcal

Calm Down Tea

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

Ingredients

- 1 tsp. powdered ginger
- 1 tsp. powdered valerian root
- 1 tsp. powdered pleurisy root
- 2 cups boiling water

Directions

1. Combine the above herbals in a nonmetallic container and cover with boiling water; steep for 30 minutes; cool and strain.
2. Take 1 tbsp. at a time, as needed, up to 2 cups a day.

Nutrition

- Protein: 11% 55 kcal
- Fat: 11% 55 kcal

- Carbohydrates: 77% 379 kcal

Shake-It-Off Tea

Preparation time: 10 minutes.

Cooking time: 30 minutes.

Servings: 2

Ingredients

- 1–2 tsps. peppermint leaves
- 1 tsp. valerian root
- 1 cup boiling water

Directions

1. Combine the above ingredients and cover with boiling water; steep for 20–30 minutes; strain.
2. Drink up to 1 cup per day, as needed.

Nutrition

- Protein: 11% 28 kcal
- Fat: 11% 28 kcal
- Carbohydrates: 77% 189 kcal

Chapter 2. Decoctions



Cooling Headache Tea

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients

- 2 tbsps. fresh mint leaves, roughly chopped
- 1 tbsp. fresh thyme leaves, finely chopped
- 1 tsp. anise seeds, crush in a mortar, or zest from a lemon in a spice

grinder

- 5 cups boiling water or 1.5L cold water plus ice cubes.

Directions

1. Bring 5 cups of boiling water or 1.5 liters of cold tea to a full rolling boil and pour over the herbs and let steep for 2 minutes before straining into your desired mug or cup. Add ice cubes to make it more likely refreshing if desired. Drink while still hot or enjoy at any temperature by adding ice.

Nutrition

- Protein: 31% 11 kcal
- Fat: 22% 8 kcal
- Carbohydrates: 47% 17 kcal

According to some research, the menthol and other volatile oils in mint may act as natural painkillers by inhibiting the release of pro-inflammatory neuropeptides from sensory

nerves, and by blocking pain signals to the brain.

Warming Headache Tea

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients

- 1 tbsp. cinnamon
- 2 cloves
- 1 tbsp. ginger
- 1 tbsp. cayenne pepper flakes
- 2 tea bags
- Water (about 2 cups)

Directions

1. Add about 4 tbsps. water to a small pot and bring it to a boil.
2. Add the tea bags, spices, and cayenne pepper flakes and allow boiling for about 5 minutes straight. Remove from heat just before the tea turns black or becomes bitter.
3. Allow the tea to cool slightly before

drinking it cold or add honey for sweetness as desired. Drink once a day until symptoms disappear or on an as-needed basis if pain persists after relieving symptoms.

Nutrition

- Protein: 21% 11 kcal
- Fat: 12% 8 kcal
- Carbohydrates: 37% 17 kcal

Peppery Headache Tea

Preparation time: 5 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients

- 1 tbsp. ginger
- 1 tsp. dried pepper pods
- 1 liter of water

Directions

1. Bring all the water to a boil make sure to turn the heat off after that add everything. Cover and steep for 5 minutes. Strain, enjoy!

Nutrition

- Protein: 9% 2 kcal
- Fat: 5% 1 kcal
- Carbohydrates: 86% 17 kcal

Hangover Tea 1

Preparation time: 15 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients

- 1 tsp. catnip dried leaves
- 1 tsp. peppermint dried leaves
- 1 tsp. barberry dried leaves
- 1 cup distilled boiling water

Directions

1. Pour boiling water over the herbs mixture. Let rest for 30 minutes. Strain and drink.

Nutrition

- Protein: 12% 19 kcal
- Fat: 16% 27 kcal
- Carbohydrates: 72% 121 kcal

Hangover Tea 2

Preparation time: 5 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients

- 1 tsp. barberry dried leaves
- 1 tsp. heal-all dried leaves
- 1 tsp. Oregon grape root
- 1 cup distilled boiling water

Directions

1. Pour boiling water over the herbs mixture. Let rest for ½ hour. Strain and drink throughout the day.

Nutrition

- Protein: 11% 19 kcal
- Fat: 16% 27 kcal
- Carbohydrates: 73% 123 kcal

Hangover Tea 3

Preparation time: 10 minutes

Cooking time: 6 minutes

Servings: 1

Ingredients

- 1 tsp. barberry dried leaves
- 1 tsp. goldenseal dried leaves
- 1 tsp. Oregon grape root
- 1 cup distilled boiling water

Directions

1. Pour boiling water over the herbs mixture. Let rest for half an hour. Strain and drink throughout the day.

Nutrition

- Protein: 11% 19 kcal
- Fat: 16% 27 kcal
- Carbohydrates: 73% 123 kcal

Hangover Tea 4

Preparation time: 12 minutes

Cooking time: 6 minutes

Servings: 1

Ingredients

- 1 tbsp. plantain dried leaf
- 1 tbsp. calendula dried flower
- 1 tbsp. chamomile dried flower
- 1 tbsp. dried linden leaves
- 1 tbsp. licorice root
- 1 tbsp. dried ginger root
- 1 tbsp. dried St. john's wort leaf

Directions

1. Mix the herbs in a mason jar for easy storage. Put 1 tbsp. the mixture in 1 cup of distilled boiling water.
2. Let rest for ½ hour. Strain and drink throughout the day.

Nutrition

- Protein: 8% 9 kcal
- Fat: 1% 2 kcal
- Carbohydrates: 91% 106 kcal

Fast-Acting Hangover Tea

Preparation time: 9 minutes

Cooking time: 5 minutes

Servings: 1

Ingredients

- 1 green tea bag
- 1 cup of water

Directions

1. In a saucepan, add the water and let it warm.
2. Then add all the green tea bags to a mug and pour the boiled water over it.
3. Let it steep for 5 minutes, then enjoy!

Nutrition

- Protein: 0% 0 kcal
- Fat: 0% 0 kcal
- Carbohydrates: 0% 0 kcal

End-of-the-Day Elixir

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 3–3 ½ cups dried herb mix
(enough for 18–24 quarts of tea)

This helps with bloating, no matter what kind. Feel free to adjust the proportions to your taste, and if you don't have every herb, it is still effective. Be forewarned: This will induce you to pass on some gas!

Ingredients

- 1 cup dried calendula flower
- 1 cup dried self-heal leaf and flower
- ½ cup fennel seed
- ½ cup dried ginger
- ½ cup dried peppermint leaf (optional)

Directions

1. From a medium bowl, mix together all the herbs, including the peppermint (if using). Store in an

airtight container.

2. Make hot implantation: Prepare a pot of bubbling water. Measure 2–3 tbsps. spices for each quart of water and spot in a Mason container or French press. Pour in the bubbling water, cover, and steep for 20 minutes or until sufficiently cool to drink.
3. Drink 1–3 teacups after meals to prevent or dispel bloating.

Nutrition

- Protein: 14% 22 kcal
- Fat: 18% 29 kcal
- Carbohydrates: 70% 118 kcal

Chapter 3. Baths



Sleep! Formula

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 4 fl. oz. (60–120 doses)

This is especially helpful if parts

Ingredients

- 2 fl. oz. tincture of wild lettuce
- 1 fl. oz. tincture of betony
- ½ fl. oz. tincture of chamomile
- ½ fl. oz. tincture of linden

Directions

1. In a small bottle, combine the tinctures. Cap the bottle and label it.
2. 2 hours before bedtime, take 1–2 drops.
3. 34 minutes before bedtime, take another 1–2 drops. At bedtime, take 1–2 drops.

Nutrition

- Protein: 9% 18 kcal
- Fat: 9% 18 kcal
- Carbohydrates: 67% 152 kcal

Insomnia Relief Tea

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 2

Ingredients

- 1 tsp. chamomile flowers
- 1 tsp. hops
- 1 tsp. valerian root
- 1 cup boiling water

Directions

1. Combined all the above herbs then follow the directions.
2. Take alone 1 tbsp. the mixture and then cover with boiling water; let steep for 30 minutes; strain.
3. Drink warm, as needed, half a cup at a time.

Nutrition

- Protein: 11% 28 kcal

- Fat: 11% 28 kcal
- Carbohydrates: 77% 189 kcal

Sweet Dreams Tea

Preparation time: 5 minutes

Cooking time: 30 minutes

Servings: 2

Ingredients

- 2 tsps. catnip leaves
- 1 tsp. hops
- 2 tsps. chamomile flower
- 2 tsps. passionflower
- 1 cup boiling water

Directions

1. Combine all the above herbs in a glass container; cover with boiling water; steep for 30 minutes; cool and strain.
2. Take 1 hour before bedtime.

Nutrition

- Protein: 12% 19 kcal
- Fat: 17% 27 kcal

- Carbohydrates: 71% 113 kcal

Digestive Tea 1

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 1

Ingredients

- 1 tsp. licorice root dried, powder
- 1 tsp. peppermint dried leaves
- 1 cup distilled boiling water

Directions

1. Pour boiling water over the herbs. Let steep for 20 minutes. Strain and drink warm to help digestion.

Nutrition

- Protein: 12% 19 kcal
- Fat: 17% 27 kcal
- Carbohydrates: 71% 114 kcal

Digestive Tea 2

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 1

Ingredients

- 1 tsp. ginger root dried
- 1 tsp. angelica root dried
- 1 tsp. chamomile dried flowers
- 1 tsp. peppermint dried leaves
- 1 cup distilled boiling water

Directions

1. Pour boiling water over the herb's mixture. Let rest for half an hour. Strain and drink.

Nutrition

- Protein: 12% 19 kcal
- Fat: 16% 27 kcal
- Carbohydrates: 73% 123 kcal

Digestive Tea 3

Preparation time: 5 minutes.

Cooking time: 30 minutes

Servings: 1

Ingredients

- 1 tsp. black cohosh root dried
- 1 tsp. angelica root dried
- 1 cup distilled boiling water

Directions

1. Pour boiling water over the herb's mixture. Let rest for 30 minutes. Strain and drink throughout the day to help with persistent indigestion.

Nutrition

- Protein: 12% 19 kcal
- Fat: 16% 27 kcal
- Carbohydrates: 72% 121 kcal

Intestinal Gas Tincture

Preparation time: 15 minutes

Cooking time: 0 minutes

Servings: 1

Ingredients

- 3 tbsps. fennel seed tincture
- 3 tbsps. ginger root tincture
- 3 tbsps. licorice root tincture
- 3 tbsps. peppermint tincture
- 3 tbsps. chamomile flowers tincture

Directions

1. Put the tinctures in an amber glass bottle with a dropper lid in the indicated proportions. Label it. Take 5 drops after each meal.

Nutrition

- Protein: 10% 18 kcal
- Fat: 18% 26 kcal
- Carbohydrates: 72% 121 kcal

Preventive Tincture

Preparation time: 15 minutes

Cooking time: 0 minutes

Servings: 1

Ingredients

- 3 tbsps. fennel seed tincture
- 3 tbsps. dandelion root tincture
- 3 tbsps. licorice root tincture
- 3 tbsps. sage leaves tincture

Directions

1. Put the tinctures in an amber glass bottle with a dropper lid in the indicated proportions. Label it. Take 3 drops before each meal.

Nutrition

- Protein: 13% 20 kcal
- Fat: 17% 28 kcal
- Carbohydrates: 70% 120kcal

Steady Cycle Tea

Preparation time: 20 minutes

Cooking time: 0 minutes

Servings: 2

These herbs are providing all substantial nourishment and such us a bit of gentle kidney, lymphatic, and endocrine stimulation, and many more.

Ingredients

- 1 cup dried nettle leaf
- 1 cup dried dandelion leaf
- ½ cup dried goldenrod leaf and flower
- ½ cup dried self-heal leaf and flower
- ¼ cup dried Tulsa leaf
- ¼ cup dried kelp

Directions

1. Store in an airtight container.
2. Make long infusion: Prepare a kettle of boiling water.

3. Get a measure 2–3 tbsps. herbs per quart of water then place in a Mason jar or French press or any jar.
4. Make a pour in the boiling water then cover it, after that steep for 8 hours or overnight.

Nutrition

- Protein: 11% 19 kcal
- Fat: 15% 25 kcal
- Carbohydrates: 74% 122 kcal

Daily Soothing Menstrual Tea

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 4

Ingredients

- 2 tsps. black haw root or bark
- 2 tsps. passionflower
- 2 cups cold water

Directions

1. Try to Combine the above herbs in a pan and cover with cold water; soak overnight, or strain them until tomorrow.
2. Take half a cup, and get through it all up to 4 times daily.

Nutrition

- Protein: 15% 22 kcal
- Fat: 20% 30 kcal
- Carbohydrates: 65% 115 kcal

Spine's Fine Tincture

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 4 fl. oz. (40–120 doses)

To help sleep, take 1–4 drops of tincture of wild lettuce orally, this will also contribute more pain-relieving action.

Ingredients

- 1 fl. oz. tincture of Solomon's seal
- 1 fl. oz. tincture of ginger
- ½ fl. oz. tincture of goldenrod
- ½ fl. oz. tincture of meadowsweet

Directions

1. Take 1–4 drops by mouth 3–5 times per day.
2. Additionally, pour 1–4 drops into your palm and rub them into the back muscles.

Nutrition

- Protein: 12%29 kcal

- Fat: 16%25 kcal
- Carbohydrates: 72%122 kcal

Chapter 3. Tinctures



Dispersing Tincture

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: 4 fl. oz. (60–120 doses)

A few drops of this tincture mixture will disperse gas and fluid bloating alike. Find some local diner, to eat and pass it around who is after the meal!

Ingredients

- 1 fl. oz. tincture of calendula
- 1 fl. oz. tincture of self-heal
- 1 fl. oz. tincture of fennel

- ½ fl. oz. tincture of ginger
- ½ fl. oz. tincture of angelica

Directions

1. In a small bottle, combine the tinctures. Cap the bottle and label it.
2. Take 1–2 drops as needed.

Nutrition

- Protein: 11% 20 kcal
- Fat: 15% 27 kcal
- Carbohydrates: 74% 122 kcal

Fire Cider

Preparation time: 30 minutes

Cooking time: 0 minutes

Servings: About 1-quart

Traditional fire cider recipes are blends of spicy and aromatic stimulating expectorants that will heat help you get the gunk out. Do not consume all if you take pharmaceutical blood thinners. In this version, the next step we sneak in some immune stimulants and a good source of vitamin C.

Ingredients

- 1 whole head garlic, cloves peeled and chopped
- 1 (2-inch) piece fresh ginger, chopped
- ¼ cups dried pine needles
- ¼ cup dried sage leaf
- ¼ cup dried thyme leaf
- ¼ cup dried elderberry
- ¼ cups dried raised hips

- 2 tbsps. dried elecampane root
- 2 tbsps. dried angelica root
- 1-quart apple and one cider-vinegar
- Honey and water, for sweetening or diluting (optional)

Directions

1. Fill all the jar with vinegar. Cover all the jar with a plastic lid, then.
2. Get all the herbs to macerate in the vinegar for 2 weeks or longer.
3. Strain into a small bottle, and label the finished fire cider. If the vinegar is too heating in order to be comfortable on your stomach and will not get any attraction or side effects, add more honey (up to one-fourth the total volume), or dilute your dose with water accordingly.
4. Take a shot (about ½ fl. oz.) at the first sign of mucus buildup in the lungs, and every couple of hours thereafter until symptoms resolve.

Nutrition

- Protein: 10% 20 kcal
- Fat: 12% 22 kcal
- Carbohydrates: 78% 138 kcal

Burn-Healing Honey

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: About 1-pint

Honey is one of the best healing agents for burns: If you have nothing to compare or get some other options but plain honey, you're still in good shape and more. It gets even better, though, when you try to infuse all these healing herbs into it ahead of time.

Ingredients

- ½ cup fresh calendula flower
- ½ cup fresh rose petals
- 1-pint honey, gently warmed

Directions

1. Put the calendula and raised petals in a pint-size mason jar.
2. Fill all the jar with warm honey. Seal the jar and place them into a warm area to infuse for 1 month.
3. Use a double boiler, gently warm

the closed jar next up to until the honey has many liquid consistencies is to follow. Strain all the infused honey into a new jar, pressing against the strainer to extract as much honey as you can.

4. After cooking and cleaning to a burn site.
5. Then apply a layer or get of the infused honey and then cover all lightly with a gauze bandage. Refresh the application at least twice a day.

Nutrition

- Protein: 11% 21 kcal
- Fat: 13% 22 kcal
- Carbohydrates: 79% 138 kcal

Sunburn Spray

Preparation time: 20 minutes

Cooking time: 20 minutes

Servings: 8 fl. oz.

A few spritzes cool of the skin and begin to reduce inflammation.

Ingredients

- 1 tbsp. dried peppermint leaf
- 1 tbsp. dried plantain leaf
- 1 tbsp. dried self-heal leaf and flower
- 1 tbsp. dried linden leaf and flower
- 1-quart boiling water
- 4 fl. oz. rose water

Directions

1. Create a hot infusion: In a mason jar,
2. Combine the peppermint and plantain.
3. Pour in the boiling water, cover then

steep for 20 minutes.

4. Move the jar to the refrigerator when it's cold.
5. Strain out 4 fl. oz. the infusion and transfer to an 8-oz. bottle. Then with a fine-mist sprayer top. Use the remaining infusion for compresses ion or a cooling drink. It will keep refrigerated for 3 days.
6. Add all the rose water to the spray bottle. With a cap the bottle and label it.
7. Apply copiously. To keep the spray refrigerated when not in use.

Nutrition

- Protein: 10% 23 kcal
- Fat: 12% 25 kcal
- Carbohydrates: 78% 138 kcal

Antioxidant Tea

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: About 3 cups dried herb mix it up (enough for 12–16 quarts of tea).

Gentle linden helps soften and direct to other herbs in this blend, focus on their side effects to take all the blood vessels to improve integrity and reduce inflammation. Then drink a quart or more of this tea every day.

Ingredients

- 1 cup dried linden leaf and flower
- ½ cup dried raised petals, hips, or a combination
- ¼ cup dried cinnamon bark
- ¼ cup dried yarrow leaf and flower
- 1 tbsp. dried ginger

Directions

1. In a medium or small bowl, mix all the herbs. Store in an airtight container.

2. Make a hot mixture: Prepare a pot of bubbling water. Measure 2–3 tbsps. spices for each quart of water and spot in a Mason container or French press. Pour in the bubbling water, cover, and steep for 20 minutes or until sufficiently cool to drink.

Nutrition

- Protein: 12% 22 kcal
- Fat: 14% 20 kcal
- Carbohydrates: 72% 128 kcal

Rose Hip Quick Jam

Preparation time: 20 minutes

Cooking time: 1 hour

Servings: About 3 oz. (2 servings)

This simple, tasty treatment is a powerhouse of vitamin C, bioflavonoids, and antioxidant goodness. Mix this into your oatmeal or other hot cereal or just eat it with a spoonful!

Ingredients

- 2 tbsps. dried rosehips
- 2 fl. oz. water
- 1 tsp. honey
- 1 tsp. powdered cinnamon

Directions

1. In a cup or smaller bowl, stir together the rosehips and water. Let sit for about 1 hour, so the rosehips soften and absorb the water.
2. They'll get into a jam-like substance.

3. Stir in the honey and cinnamon.
4. Prepare fresh each day for maximum potency.

Nutrition

- Protein: 10% 19 kcal
- Fat: 14% 22 kcal
- Carbohydrates: 72% 122 kcal

Elderberry Syrup

Preparation time: 20 minutes

Cooking time: 2 hours 20 minutes

Servings: About 1-quart (20–60 doses)

Elderberries is an amazing specific capacity to prevent flu viruses from invading the body and replicating themselves; they are also fighting colds and other viruses. Take all this syrup in addition to remedies for your specific symptoms and others: 1–3 tbsps. and then 3–5 times per day whenever you suspect a cold or flu is present.

Ingredients

- 3 cups fresh elderberries
- 6 cups water
- 1 cinnamon stick or 1 tsp. powdered cinnamon
- 1 tsp. powdered ginger
- 1 tsp. fennel seed
- 1 tsp. dried chamomile flower
- 2 cups honey, plus more as needed

Directions

1. Use a medium pot over high heat, combine the berries, water, and herbs. Bring to a boil. Then reduce the heat or simmer, uncovered, for 1–2 hours or until reduced by half.
2. Get a spoon to mash all the berries in the pot into small sizes. Stir, simmer for 15–30 minutes more, and strain through a wire mesh sieve or cheesecloth. Then Squeeze the leftover berries well to get out every last bit of fluid.
3. Return all and place the elderberry decoction to the pan and place it over low heat. Add an equal amount of honey, warming it gently as you stir to mix thoroughly with the elderberry decoction.
4. Bottle and label the syrup. It will stay on the refrigerator for several months.

Tip: Some recipes are using sugar, as this

creates a small shelf-stable product. When we try to avoid sugar, so we use honey to keep ours refrigerated. Another alternative is to add 2 cups of tincture (in addition to the decoction and honey) to your syrup the alcohol content will preserve it. Tinctures of ginger, garlic, pine, yarrow, and many more thyme are all good options.

Nutrition

- Protein: 10% 19 kcal
- Fat: 14% 22 kcal
- Carbohydrates: 72% 122 kcal

Conclusion

Each of the 48 states has a huge variety of plant life. From a state like Pennsylvania with a high volume of trees and many different types of ferns, mosses, and lichens to a state like California which has desert plants and cacti—there is an amazing amount of nature present. While some of this plant life is poisonous or harmful, there is also a great diversity of plants to use for medicine.

The Native American tribes have used these plants for many centuries to gain health and/or survival. Native Americans have also incorporated modern medicines into their cultures as well as roots, herbs, and bark. Each part of the plant can have different uses depending on each tribe that uses it. Many people are now looking to use the plants that are native to their areas in an effort to incorporate more healing benefits into our lives. Natural means of healing are making a comeback with the benefits of organic clothing, foods, and now the use of natural

medicines.

This book has been written to help you better understand native medicine with an emphasis on how to use it. This is not meant to be used as medical advice for any specific ailment. This information is meant to be used as knowledge not to be copied verbatim or ingested for any purpose. Knowledge is power and with knowledge of native medicine, you can more easily find a plant to help yourself or a loved one. If you are going on a hiking trip or working in a park, you may be able to find a plant that will help cure someone suffering from an illness instead of needing to go back to the car to get your family's medical bag.

The Native Americans and their practices have been a vital part of the history of our country and it is exciting to learn about them and their ways. With the use of modern medicines, especially the use of pharmaceuticals, we have lost many benefits from these cultures because we can't get to them quickly enough.